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Tuesday



President Bush tours the U.S.-Mexico border.

Border Plan: Bush renews effort on immigration policy | **3**

Backtrack: British say sailors can't take cash to tell stories | **7**



Ugly Numbers: The Nationals are making the wrong kind of history | **19**

ENTERTAINMENT

Another Dimension:

Hollywood is banking on 3D films such as *Meet the Robinsons*. Plus, Trans Am returns.

>> **11-14**



Weather >> Mostly Sunny



55 | 35

FULL FORECAST ON PAGE 34



Protests Mark Baghdad's Fall

'GET OUT': Demonstrators march between the Shiite holy cities of Kufa and Najaf, Iraq, on Monday — the fourth anniversary of the fall of Baghdad to U.S. forces. Tens of thousands took part in the rally — ordered by anti-U.S. cleric Muqtada al-Sadr — to demand that American troops leave Iraq. Many chanted: "Get out, get out occupier." ❖ **Tight security:** Iraq clears off streets | **Page 7**

Imus Off Air Over Comment

CBS, MSNBC pull show for 2 weeks over racial remarks

NEW YORK | CBS Radio and MSNBC both said they were suspending Don Imus' morning talk show for two weeks following his reference last week to members of the Rutgers women's basketball team as "nappy-headed hos."

While CBS made its announcement without comment, MSNBC said Imus' regret at making the inappropriate comment and his stated dedication to changing the show's discourse made it believe this was the appropriate response. "Our future relationship with Imus is contingent on his ability to live up to his word," the network said. MSNBC simulcasts his radio program weekday mornings.



Imus

Imus, who has made a career of cranky insults in the morning, was fighting for his job following the joke that by his own admission went "way too far." He continued to apologize Monday, both on his show and on a syndicated radio program hosted by the Rev. Al Sharpton, who is among several black leaders demanding his ouster.

Imus was mostly contrite with Sharpton, although the activist did not change his opinion that Imus should lose his job. At one point Imus seemed incredulous at Sharpton's suggestion that he might walk away from the incident unscathed.

"Unscathed?" Imus said. "How do you think I'm unscathed by this? Don't you think I'm humiliated?" DAVID BAUDER (AP)

STUNTS | A Marathon Bore A Hyderabad, India, man believes he's broken the world record for longest lecture, dailyindia.com reported. Jayasimha Ravirala gave a 111-hour motivational speech — that's six days and five nights long — on personality develop-



ment, delving into parenting, careers and other topics. The prior longest-speech record: A mere 98 hours and 30 minutes. Ravirala already holds a Guinness world record, for memorizing 200 random objects. (EXPRESS) **EyeOpeners** | **Page 2**

eyeOpeners

RETRO

This Item Brought to You by the Year 1856

A runaway horse pulled a carriage with two out-of-town tourists on a wild ride through downtown Indianapolis, until a teenager rode to the rescue in a pursuing taxi, leaped out and grabbed the horse's reins. The driver of the Yellow Rose Carriage was thrown from her seat when a van crashed into the buggy Sunday afternoon. "The carriage driver lady just flew off the carriage," said William Basler, 19. Basler ran after the carriage to try to stop it. A taxi driver saw what was happening, slowed and told Basler to jump in. The cab chased and passed the carriage, and Basler jumped out and grabbed the reins. "It was just instinct," he said. (AP)



VERMIN

It Is Now Safe To Run Screaming About the Cabin

A fugitive mouse delayed the departure of a Japan-bound airliner in Hanoi, Vietnam, for more than four hours Sunday as workers hunted down the potential threat. A passenger spotted the rodent running on the floor of the plane, prompting a hunt by technicians worried that it could chew through a vital wire. Authorities suspect that a passenger brought the mouse on board in hand luggage. (AP)



ALEXANDER COHN/AP

THOROUGH

An A+++ for Effort

Public-school students in Bay City, Mich., got an extra day of spring break on Monday after vandals deflated the tires on all 88 of the district's school buses. The vandals hit sometime over the weekend, district transportation director Michael Gwizdala said. He said there was no evidence of damage to the fence around the bus yard, and the vandals left behind nothing obvious but the flat tires. "They opened the valves and took the core out," Gwizdala said. "There were no punctures or anything." (AP)



JIM GEHRZ/AP

Postage on this shipment will exceed the GNP of most small island nations.

SALES

Take My Life, Please

Lisa Perry wants a fresh start. So she has decided to sell nearly all of her belongings in one eBay auction. The 45-year-old Perry, of St. Paul, Minn., said the top bidder will get more than 300 items — including snowshoes, a futon, a bed, a Village People album, seashells and more. "This might be mid-life, but it's not a crisis. It's mid-life excitement," she said. "I don't need it all. I don't use it all. I just have it all. Actually, it has me." (AP)



Studying the Antidepressant Effects of Sleep Deprivation

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The Report proves its accuracy by quoting specific local instances in which the technique it describes has sold homes time after time, quickly, efficiently, and at a favorable price.

The author of the report, noted realtor Frank Sanya, has made numerous appearances on both television and radio.

Mr. Sanya states that the Report represents the compendium of his many years of real estate experience and can be of substantial value to homeowners, especially those whose homes have been on the market unsold for a considerable period of time. The author emphasizes that although he does not accept every listing, by following the Report's procedures he accomplishes a sale in every instance in which he is the broker of record.

The secret, says the Report, is a combination of traits and procedures that consistently result in a successful sale. For a free copy of the Report, go to a private but available Web site – **www.WantItSoldNow.com**.

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express



NO DEBATE: Barack Obama and Hillary Clinton will not participate in a Democratic debate co-hosted by Fox News Channel this fall, campaign aides indicated Monday. Former Sen. John Edwards has also declined to appear.

Nation

In Brief



U.S. Sen. Bill Nelson says the Florida National Guard is stretched thin.

JACKSONVILLE, FLA.

Senator Says Resources for Hurricane Season Lacking

The war in Iraq has depleted the equipment inventory of the National Guard, potentially hampering its response to the predicted heavy hurricane season, a U.S. senator said on Monday. "Problems from the wars in Iraq and Afghanistan have stretched the Florida National Guard further than ever before, leaving it without all the resources it should have for responding to a domestic crisis," said Sen. Bill Nelson, D-Fla. (AP)

BOSTON

Student Admits Stabbing Teacher Over Failing Grade

A college student accused of stabbing a science professor in the neck because she gave him a failing grade plans to plead guilty to the attack, his lawyer said Monday. Nikhil Dhar, 24, feared he would be deported to his native India because he was flunking school, his lawyer said. Mary Elizabeth Hooker was hospitalized for several days after the attack on Dec. 22, 2005. (AP)

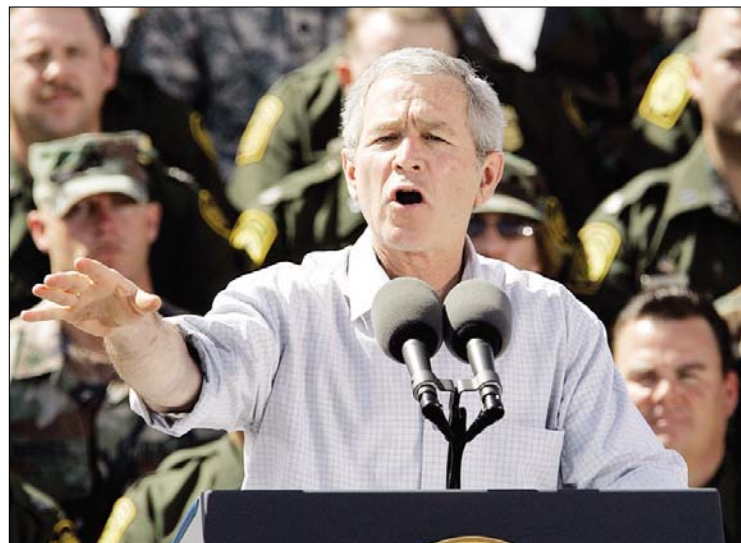
Bush Touts Guest Worker Proposal

President revives push for immigration bill during visit to Arizona

YUMA, ARIZONA | President George W. Bush boasted of tougher enforcement along the Mexican border Monday as he tried to revive his stalled efforts to overhaul U.S. immigration laws.

Frustrated by his failure to get a bill approved last year when the Republicans were in charge, Bush said prospects look brighter in the Democratic Congress. "I think the atmosphere up there is good right now," he said.

His message — particularly to conservative critics from his own party — was that stepped-up border enforcement is working and it is time to adopt a temporary worker program, hold U.S. employers accountable for the workers they



President Bush, accompanied by Marines and U.S. Customs and Border Patrol agents, speaks on immigration Monday at a border patrol station in Yuma, Arizona.

hire and resolve the status of the millions of illegal immigrants already in the United States.

He saluted the opening of a new

border patrol station in this southwest corner of Arizona and said, "This border is more secure, and America is safer as a result."

The president was joined by Sen. Jon Kyl, the Arizona Republican whose support is crucial to any deal in the Congress. Another lawmaker vital to Bush's effort, Democratic Sen. Edward M. Kennedy of Massachusetts, issued a statement that said: "President Bush did the right thing today by speaking out."

Administration officials, led by Homeland Security Secretary Michael Chertoff and Commerce Secretary Carlos Gutierrez, have been meeting privately for weeks with Republican senators in search of compromise. That expanded to a meeting in late March with key senators from both parties. The administration floated a proposal that would make it harder for millions of illegal immigrants to gain citizenship than under legislation passed by the Senate last year.

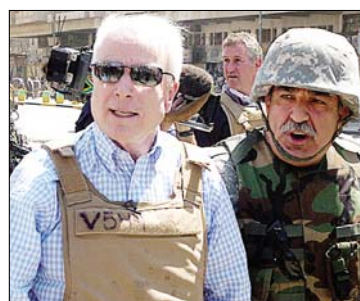
BEN FELLER (AP)

McCain: Iraq Protection Not Needed

Senator says he only took soldiers on tour at general's request

Sen. John McCain said Monday he would have taken his tour of an Iraqi market last week even if he hadn't been accompanied by heavily armed U.S. soldiers.

The Republican presidential hopeful said he would have walked



Sen. John McCain tours a market in central Baghdad on April 1.

through the Bab al-Sharqi market in Baghdad without the military protection, but the top U.S. commander in Iraq, Gen. David Petraeus, had recommended the armed escort.

"I'm not notorious for being nervous about going anywhere," said McCain, R-Ariz. "I'll gladly go almost anywhere in the world, under any circumstances, but I did respond and do what General Petraeus asked me to do."

McCain and other members of a congressional delegation toured the market last week, traveling in armored military vehicles and wearing body armor during their hour-long excursion.

The congressional delegation said the trips were proof that security was improving in the capital.

"That place is being rebuilt today and is a functioning market," McCain said. "Of course it isn't entirely safe, but it certainly is a functioning market and progress is being made there." (AP)

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JOHN RAOUX/AP

The U.S. Fish and Wildlife Service may reclassify the manatee as threatened.

Manatees Given Positive Outlook

MIAMI | The U.S. Fish and Wildlife Service on Monday recommended upgrading the manatee's status from endangered to threatened, a move that indicates the animal has rebounded from near extinction. The manatee remains protected under the federal Endangered Species Act.

"Based on the science it is clear that manatees are no longer facing extinction in all or a significant portion of its range," said Dave Hankla, field supervisor for the Fish and Wildlife Service's Jacksonville office. (AP)

Fired Worker Suspected in Shooting

Man apprehended after allegedly killing 1, injuring 2 at office

TROY, MICH. | A man suspected of shooting three people, killing one, at an accounting firm where he was fired last week was arrested after a high-speed chase a few hours after the Monday morning attack, authorities said.

Police said they had located Anthony LaCalamita, 38, on Interstate 75, north of the suburban Detroit office building where the shootings took place.

Sheriff's deputies and state police chased him for 30 miles, including through a construction zone, at speeds up to 120 mph before he finally pulled over after about 15 minutes, Genesee County Sheriff Robert J. Pickell said.

"He probably realized if he didn't, he was going to be shot," Undersheriff James Gage said.

LaCalamita said nothing after



KEVIN HAGEN/AP

Anthony LaCalamita is arrested following a high-speed chase on Interstate 75 near Detroit, Mich., on Monday. LaCalamita is suspected of shooting 3 people.

officers surrounded him, Pickell said, describing the suspect as "subdued. Very, very, very subdued."

Officers found a 12-gauge pump-action shotgun and three live shells

in the vehicle, Pickell said. Witnesses said the shooter used a shotgun or a rifle, Troy police Lt. Gerry Scherlinck said.

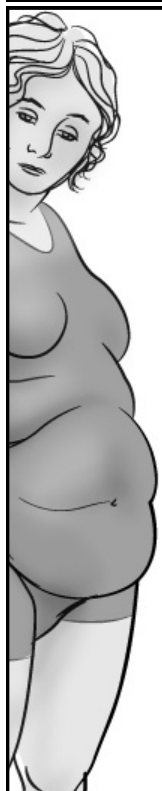
Some witnesses told police that



Two people hug outside the office building where the shooting took place.

when the shooter walked into the office on the building's second floor around 10 a.m. Monday, he looked as if he was trying to hide something, Troy Police Chief Charles Craft said.

The families of the two wounded men requested "total privacy," and the hospital would not release any details about their conditions, Beaumont Hospital spokeswoman Ilene Wolfe said. She said the third victim died on the way to the hospital. DAVID AGUILAR (AP)



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Nation



PENNY PINCH: McDonald's Corp. agreed Monday to pay a penny more per pound for its Florida-grown tomatoes to help boost wages for the migrant workers who harvest them, following a two-year campaign by an advocacy group that called for the increase.

Guard Could Head to Iraq

13,000 troops notified of possible deployment as replacement forces

WASHINGTON | Some 13,000 National Guard troops are receiving notice to prepare for possible deployment to Iraq in what would be a second tour for several thousand of them.

The orders had been anticipated, but the specific units were not announced until Monday. They are the Army National Guard's 39th Infantry Brigade Combat Team, from Arkansas; the 45th Infantry Brigade Combat Team, Oklahoma; the 76th Infantry Brigade Combat Team, Indiana; and the 37th Infantry Brigade Combat Team, Ohio.

The units would serve as replacement forces in the regular troop rotation for the war and would not be connected to the recent military buildup for security operations in Baghdad, the Defense Department said.

The final determination whether



Arkansas National Guard Maj. Gen. Bill Wofford announces the Guard's 39th Infantry Brigade may be included in a deployment to Iraq sometime after Oct. 1.

the units will deploy will be made considering conditions on the ground in Iraq, officials said.

Smaller units and individual troops from the Guard already have returned to Iraq, and some active

duty units have served multiple tours. The Army said some of the troops being alerted now have not yet served in Iraq, but some have served in the campaign in Afghanistan or elsewhere. PAULINE JELINEK (AP)

Early Primary Made Official in N.Y.

ALBANY, N.Y. | Gov. Eliot Spitzer signed legislation Monday moving New York's presidential primary to Feb. 5, further setting the stage for a mid-winter political showdown that could leave Americans with the longest general election campaign ever.

Nearly a dozen other states, including California and New Jersey, have already moved their primaries or caucuses to Feb. 5. A dozen more are considering such moves, setting the stage for what is quickly becoming known as "Super-Duper Tuesday."

"Moving the primary date to



Gov. Eliot Spitzer signed legislation to move New York's presidential primary.

February, we will help secure New York's large and diverse population an influential voice in selecting the 2008 presidential nominees," Spitzer said. (AP)

HEARSAY | JUSTICE DELAYED



"I hope we continue to do the right thing in this situation. Don't wait this long to make it right."

—JAMES CURTIS GILES, WHO SPENT 10 YEARS IN PRISON FOR A RAPE HE SAYS HE DID NOT COMMIT. ON MONDAY, A PROSECUTOR ACKNOWLEDGED GILES' ARREST HAD BEEN A CASE OF MISTAKEN IDENTITY, AND A JUDGE RECOMMENDED HE BE EXONERATED.

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SCHOOL OF CONTINUING STUDIES



IN TUNE: Using jumper cables and a 12-volt battery, plus financial and technical help from the U.S., a group of Sunnis and Shiites are broadcasting news, public affairs and other stories with one voice in Iraq. A makeshift radio and TV station went on the air last month in Baqouba.

World

Sudan: 17 Troops Die Amid Raid

Khartoum says it had to repel Chadian army attack on border town

KHARTOUM, SUDAN | The Sudanese military said Monday that seventeen of its soldiers were killed repelling a Chadian army raid on a Sudanese border town in West Darfur.

Sudanese army spokesman Osman Mohamed al-Aghbash said in a statement issued by the military that a company of the Chadian army, consisting of 140 trucks and seven armored vehicles, crossed into Sudan and attacked For Baranga, a small town near the Chad border.

He said the Sudanese army and police pushed the attackers back across the border, but seventeen soldiers were killed and 40 wounded in the process.

The statement also said the raid "caused big losses among civilians" that were still being calculated.

Sudan and Chad often trade accusations of harboring each other's rebels, and important components of the Chadian rebellion are suspected of being hosted by the Sudanese government near For Baranga. Chad has invoked a "right of pursuit" in the past to cross into Sudan to chase rebels that had allegedly attacked its military. (AP)



SHOW OF FORCE: Iraqis march through the Shiite holy city of Najaf on Monday to demand that U.S. forces leave their country.

Rally Marks Baghdad's Fall

Shiites heed al-Sadr's call to protest against U.S. presence in Iraq

BAGHDAD | Tens of thousands of Shiites — a sea of women in black abayas and men waving Iraqi flags — rallied Monday to demand that U.S. forces leave their country. Some ripped apart American flags and tromped across a Stars and Stripes rug.

The protesters marched about three miles between the holy cities of Kufa and Najaf to mark the fourth anniversary of the fall of Baghdad. In the capital, streets were silent under a hastily imposed driving ban.

Radical Shiite cleric Muqtada al-Sadr ordered up the march as a show of strength not only to Washington but to Iraq's establishment Shiite ayatollahs as well.

Al-Sadr, who disappointed followers hoping he might appear after

months in seclusion, has pounded his anti-American theme in a series of written statements. The most recent came on Sunday, when he called on his Mahdi Army militia to redouble efforts to expel American forces and for the police and army to join the struggle against "your archenemy."

Fearing suicide attacks, car bombings or other mayhem in the capital, Iraq's generals ordered all vehicles off the streets for 24 hours



In April 2003, a statue of Saddam Hussein was pulled down as Baghdad fell.

starting at 5 a.m. Monday, normally a work day.

Police and morgue officials reported finding just seven bodies dumped in the capital, only the second time the number of sectarian assassination and torture victims had dipped that low in the course of the Baghdad security operation. A total of 25 people were killed or found dead in the country Monday, according to police and morgue reports.

A double line of police cordoned the marchers' route from Kufa to Najaf, sister cities on the west bank of the Euphrates River. The holy places, 100 miles south of Baghdad, are a prime destination for Shiite pilgrims.

Among the snapping flags and giant banners, leaflets fluttered to earth, exhorting the marchers in chants of "Yes, Yes to Iraq" and "Yes, Yes to Muqtada. Occupiers should leave Iraq." LAUREN FRAYER (AP)

Four years later: View a photo gallery of protests marking Baghdad's fall | washingtonpost.com/cameraworks

U.K. Reverses on Allowing Sailors to Sell Stories

Under fresh criticism, Britain bans all forces from taking media fees

LONDON | Britain's government beat a hasty retreat Monday under withering criticism for allowing sailors and marines to be paid large sums for their stories about captivity in Iran.

Officials banned further paid interviews as critics complained that the fees, reportedly as high as six figures, were unseemly and a slap at families of military personnel

killed in Iraq and Afghanistan.

The appearance of the first paid interviews also brought new criticism that the 15 crew members yielded too easily to Iranian pressure to make confessions and apologies. Some worried the crew's actions revealed a loss of Britain's famed "stiff upper lip" in tough times.

"The sailors and marines held in Iran have been so compliant and have already said so much that they have caused excruciating embarrassment to many people in this country," a retired colonel,



The 15 British crew members recently held captive by Iran have been the focus of an intense media spotlight.

Bob Stewart, wrote in The Times newspaper.

Defense Secretary Des Browne said that pending completion of a review of the rules governing paid interviews, all service personnel were now barred from accepting fees for talking about their military experiences.

The announcement does not affect any of the freed crew members who already accepted fees for talking to journalists, but bars them and all other service members from making new deals with media outlets, the Defense Ministry said. (AP)

Robot Deployed For Sunken Ship

ATHENS, GREECE | Greek rescuers will deploy a robot submarine to search for the bodies of two French tourists believed to have drowned when a cruise ship sank off a resort island in the Aegean Sea last week, authorities said Monday.

The ship's captain has blamed Thursday's accident on sea currents that swept the Sea Diamond onto a charted reef off the island of Santorini, tearing a hole in the ship's hull. Nearly 1,600 people — mostly American tourists — were rescued before the vessel sank. (AP)

World



SITE UNSEEN: The Thai government continued its Internet crackdown by ordering one of the country's most popular chat sites to shut its political forum because of postings deemed insulting to the revered monarch. Officials said Monday that the political chat room of the Web site pantip.com was closed Sunday.

Iran Claims Enrichment Expansion

Ahmadinejad says Tehran has joined the 'nuclear club of nations'

NATANZ, IRAN | Iran announced a dramatic expansion of uranium enrichment on Monday, saying it has begun operating 3,000 centrifuges — nearly 10 times the previously known number — in defiance of U.N. demands it halt the program or face increased sanctions.

U.S. experts say 3,000 centrifuges are in theory enough to produce a nuclear weapon, perhaps as soon as within a year. But they doubted

Iran really had so many up and running, a difficult technical feat given the country's spotty success with a much smaller number.

Instead, the announcement may aim to increase support at home for hardline President Mahmoud Ahmadinejad and to boost Iran's hand with the West by presenting its program as established, said Michael Levi, a nonproliferation expert at the Washington-based Council on Foreign Relations.

Iran is known to have had 328 centrifuges operating at its Natanz enrichment facility in central Iran. For months, it has been saying it



Iranian leader Mahmoud Ahmadinejad praised his country's nuclear progress.

plans to launch an expanded program of 3,000 device.

"I declare that as of today our dear country has joined the nuclear club of nations and can produce nuclear fuel on an industrial scale," Ahmadinejad said at a ceremony at Natanz marking the one-year anniversary of the first successful enrichment of uranium there.

The move was a strong show of defiance to the United Nations, which imposed limited sanctions in December and strengthened them slightly last month because of Iran's refusal to suspend enrichment. **ALI AKBAR DAREINI (AP)**

In Brief

RAMALLAH, WEST BANK

Barghouti Among Prisoners Sought in Swap for Soldier

Uprising leader Marwan Barghouti, the most senior Palestinian held by Israel, is among the hundreds of inmates the captors of an Israeli soldier want freed in a swap, the Palestinian information minister said Monday. Barghouti is seen as a potential successor to Palestinian President Mahmoud Abbas and is serving five consecutive life terms. Barghouti's release would require a pardon by Israel's president since he was tried in a civilian court. **(AP)**



Relief supplies are delivered to the island of Gizo in the Solomon Islands.

GIZO, SOLOMON ISLANDS

Shops Reopen as Tsunami Aid Reaches Outer Villages

Shops along the Solomon Islands' battered coastline reopened Monday as aid began trickling to the region's outer atolls, a week after an offshore earthquake sent walls of water slamming into the coast. Vendors selling fruit and vegetables returned to their stalls along the main street of Gizo island for the first time since the magnitude-8.1 quake hit on April 2, killing at least 35 people and leaving 7,000 homeless. **(AP)**

ADDIS ABABA, ETHIOPIA

25 Opposition Supporters Acquitted in Ongoing Trial

An Ethiopian judge on Monday acquitted 25 opposition supporters and journalists who faced charges of attempted genocide and treason stemming from violence that erupted during protests over disputed 2005 elections. Judge Adil Ahmed said the prosecution had failed to prove the charges, part of an ongoing trial of 131 opposition leaders, aid workers and union members. **(AP)**

School House to *White House*

A SPECIAL EXHIBITION IN THE LAWRENCE F. O'BRIEN GALLERY, MARCH 30, 2007—JANUARY 1, 2008

Family Day Celebration—"Presidential School Days"

Sunday, April 15, 11 A.M.—2 P.M.

Join us for a day of fun family activities featuring themes that helped shape the Presidents' young lives as school children. Meet Screech, mascot of the Washington Nationals, from noon to 1 P.M.

WILLIAM G. MCGOWAN THEATER AND LOBBY

Presidential Film Favorites

Sunday, April 15, 2:30 P.M., Repeat Screening: Friday, April 20, 11 A.M.

The Karate Kid

A favorite of President George H.W. Bush. Starring Ralph Macchio, Noriyuki

"Pat" Morita, and Elizabeth Shue. Directed by John G. Avildsen.

Rated PG. (127 minutes.) 1984. William G. McGowan Theater.

Wednesday, April 11, noon

The Summer of 1787: The Men Who

Invented the Constitution

Discussion with author

David O. Stewart

JEFFERSON ROOM

Thursday, April 26, 7 P.M.

Nixon and Kissinger:

Partners in Power

Discussion with acclaimed

author Robert Dallek

WILLIAM G. MCGOWAN THEATER

All programs are free. No reservations

required. Seating will be on a first-

come, first-served basis.

For more information please visit

www.archives.gov or call 202-357-5000

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VIRTUAL VIRGINIA: Gov. Timothy M. Kaine on Monday unveiled an outdoor interactive kiosk at First Landing State Park in Virginia Beach. The kiosks will be installed in 31 of 34 state parks by mid-May, and eventually in all state parks.

Local

In Brief

MARTINSVILLE, VA.

Man Rescues Mother and Tuxedo From Burning House

As his bride-to-be's house went up in flames hours before their wedding, Rocky Nelson got his priorities in order. He helped his mother escape from the house, grabbed his tux, and unhooked the home's propane tanks, throwing them into the woods and away from the flames. Fortunately, she had left her wedding gown at the church. (AP)

RICHMOND, VA.

Kaine Tells State Agencies To Cut Down Energy Costs

Virginia's state agencies were directed to cut their energy costs by at least 20 percent in the next three years under an executive order issued Monday by Gov. Timothy M. Kaine. State agencies were directed to use green practices for new construction and building renovations, and lease office space that is energy-efficient, convenient to public transportation and accessible by bicycles and pedestrians and minimize travel. (AP)

The Lotteries

Tuesday, April 10

DISTRICT

Mid-day Lucky Numbers	0-7-4
Evening Lucky Numbers	4-4-6
Mid-day DC 4	4-7-0-5
Evening DC 4	8-8-9-0
Rolling Cash Five	12-15-26-22-8
Daily 6	12-24-31-8-23-3 Bonus: 13

MARYLAND

Mid-day Pick 3	7-6-1
Evening Pick 3	4-5-2
Mid-day Pick 4	0-6-1-3
Evening Pick 4	4-4-9-8
Match 5	13-19-22-29-30 Bonus: 17

VIRGINIA

Mid-day Pick 3	1-4-7
Evening Pick 3 (Mon.)	9-2-5
Mid-day Pick 4	2-6-7-5
Evening Pick 4 (Mon.)	2-4-4-6
Mid-day Cash 5	9-19-20-30-32
Evening Cash 5 (Mon.)	4-14-21-24-32

All winning numbers are official only when validated at a lottery ticket location or a lottery claims office. Drawings that occur after Express's deadline will be published two days later.

City Fights Ruling Against Gun Ban

Officials ask federal court to reconsider striking firearm laws

WASHINGTON | District of Columbia officials asked a federal appeals court Monday to reconsider its ruling striking down the city's handgun ban, warning that the decision creates a precedent that could severely limit any kind of gun control.

A three-judge panel of the U.S. Court of Appeals for the District of Columbia Circuit ruled in a 2-1 decision last month that some

of the District's gun control provisions are unconstitutional.

The court rejected the city's argument that the Second Amendment right to bear arms applies only to state militias.

The court said the city cannot prevent residents from keeping handguns in their homes.

The March 9 decision marked the first time a federal appeals court struck down gun control regulations on Second Amendment grounds.

Opponents of the handgun ban say it prevents people from

“More guns very simply lead to more violence.”

D.C. MAYOR ADRIAN FENTY

taking measures to protect themselves and their families. They say the high crime rates in the three decades that the laws have been on the books prove the restrictions are ineffective.

But D.C. Mayor Adrian M. Fenty said losing the restrictions would be a blow to crime-fighting efforts. D.C. logged 169 homicides last year, down from 196 in 2005.

In their petition for a new hearing, lawyers for the district argued that the decision contradicts previous Supreme Court rulings and the decisions of other federal appeals courts.

The D.C. gun laws remain in effect for now. If the petition is rejected, the city will consider whether to appeal to the Supreme Court.

SARAH KARUSH (AP)

IN The Washington Post | CREATING A LIVING HOLIDAY HISTORY



AN AMERICAN TRADITION: Zaria M. Arrington, 7, of Herndon, Va., does her fiercest feline impression after having her face painted at The National Zoo Monday. African-American Family Day is celebrated on Easter Monday every year.

♦ **Holiday Project:** National Museum of African American History and Culture catalogs memories. | **Today's Metro**

Midshipman Found Guilty of Assault

WASHINGTON | A Naval Academy midshipman was found guilty Monday of sexually assaulting a fellow student at a Washington hotel last year, a verdict that could lead to prison time and his dismissal from the Annapolis military school.

A jury of seven Navy and Marine Corps officers convicted Kenny Ray Morrison of forcing himself on a

female midshipman in February 2006 after a night of drinking at a nearby nightclub.

He was also found guilty of conduct unbecoming an officer and a gentleman for his actions during the incident.

However, the jury cleared him of charges that he also had sex with another midshipman against her

will in April 2006. Morrison, 24, quivered slightly as the verdict was read while he stood at attention behind the defense table.

He faces a possible 10-year prison sentence, dismissal from the academy and forfeiture of pay.

A former backup linebacker on the Navy football team, Morrison is the second Navy football player to be court-martialed in the past year on sexual assault charges. (AP)

Assembly Approves Md. Budget

State expected to face \$5B structural deficit over the next four years

ANNAPOLIS, MD. | Warned of fiscal challenges on the horizon, lawmakers voted Monday to approve a \$30 billion state budget, giving Gov. Martin O'Malley most of what he wanted to fulfill campaign promises and putting off tough financial decisions until next year.

Delegate Norman Conway, the chairman of the House Appropriations Committee, told lawmakers that "the hardest work remains ahead of us" and "time is a luxury that we will not have next year."

Maryland is expected to face an estimated \$1.5 billion structural deficit next year, meaning that state spending is projected to be more than tax receipts if current trends continue. The deficit is estimated to be about \$5 billion over four years.

The budget included about \$967 million from the rainy day fund, leaving about \$674 million in the fund.

The state wants to keep more than 5 percent of revenues in the fund to protect Maryland's AAA bond rating. (AP)

MEGA MILLIONS

DRAWINGS TUESDAY AND FRIDAY

\$12 MILLION

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Money

U.S. Files China Complaints

Trade cases challenge Beijing's handling of pirated movies, music

WASHINGTON | The Bush administration announced Monday it is filing two new trade cases against China over copyright piracy and restrictions on the sale of American movies, music and books there.

The action, announced by U.S. Trade Representative Susan Schwab, represented the latest move by the administration to respond to growing political pressure at home to do something about soaring U.S. trade deficits.

Schwab said the U.S. was filing with the World Trade Organization a case that will challenge Beijing's lax enforcement of violations of copyrights and trademarks on a



Trade representative Susan Schwab holds a pirated DVD of a recent movie.

wide range of products. American companies contend they are losing billions of dollars in sales because of rampant copyright piracy.

The second case will challenge China's barriers to the sale of U.S.-produced movies, music and books.

"Piracy and counterfeiting levels in China remain unacceptably

high," Schwab said in announcing the new cases. "Inadequate protection of intellectual property rights in China costs U.S. firms and workers billions of dollars each year."

The U.S. trade deficit set a record for a fifth consecutive year in 2006 — at \$765.3 billion — with the imbalance with China climbing to \$232.5 billion, the highest ever recorded with a single country.

The decision to go to the WTO with the trade cases will trigger a 60-day period during which trade negotiators from both countries will try to resolve the disputes.

In a statement, the Motion Picture Association of America said that American industries lost an estimated \$2.3 billion in revenue to copyright pirates in China in 2005 with only one out of every 10 DVDs sold in China a legal copy. (AP)

Hopkins Official Tied to Loan Probe

ALBANY, NEW YORK | A student loan company under investigation by New York Attorney General Andrew Cuomo paid consulting fees to a student loan officer at Johns Hopkins University, paid for some of her graduate school tuition, and also paid consulting fees to officials at two other colleges, investigators said Monday.

In a letter sent to Johns Hopkins President William Brody, Cuomo investigators said they believe Student Loan Xpress, a unit of CIT Group Inc., paid more than \$21,000 for the school's director of student financial services to attend graduate school at the University of Pennsylvania between August 2002 to January 2004. Investigators also

believe the official, Ellen Frishberg, was paid \$42,000 as a consultant for the company from April 2004 to October 2005.

Frishberg was placed on paid leave pending an inquiry by the university, said Johns Hopkins spokesman Dennis O'Shea.

Cuomo is investigating allegations of possible kickbacks to school officials for steering students to certain lenders. (AP)

Market Action

New York Stock Exchange

Gainers

STOCK	LAST	DAILY CHANGE	DAILY PERCENT CHANGE
CalDive n	14.37	+1.42	+11.0
Mirant	44.08	+3.44	+8.5
IntShip	21.60	+1.67	+8.4
RussBerrie	16.49	+1.21	+7.9
BurlNSF	88.08	+5.36	+6.5

Losers

STOCK	LAST	DAILY CHANGE	DAILY PERCENT CHANGE
AmHmMtg	21.92	-3.92	-15.2
Vonage n	3.03	-.34	-10.1
IntRect	35.97	-2.83	-7.3
HomeBanc	3.37	-.25	-6.9
Salton h	2.19	-.16	-6.8

NASDAQ Stock Market

Gainers

STOCK	LAST	DAILY CHANGE	DAILY PERCENT CHANGE
Nuvelo	5.68	+1.96	+52.7
MemryPh	2.36	+.73	+44.8
Antigncs	4.31	+1.29	+42.7
USA Tech n	11.33	+3.00	+36.0
Iomai	4.64	-.06	-1.3

Losers

STOCK	LAST	DAILY CHANGE	DAILY PERCENT CHANGE
Sourcef re n	12.28	-5.07	-29.2
Daktrnics s	22.13	-5.78	-20.7
Caringtn	2.03	-.38	-15.8
AriadP	4.32	-.62	-12.6
Voxware h	2.43	-.35	-12.6

Rates

	CURRENT	PREVIOUS WEEK
Prime Rate	8.25	8.25
Fed Funds close	5.25	5.31
3-month disc	4.88	4.91
2-year	4.72	4.57
10-year	4.74	4.64
30-year	4.91	4.83

Currency (Dollars in foreign currency)

	TODAY	PREVIOUS DAY	YEAR AGO
British Pound	.5099	.5087	.5737
Canadian Dollar	1.1529	1.1511	1.1466
European Euro	.7485	.7475	.8260
Japanese Yen	119.30	119.35	118.27
Mexican Peso	10.9765	10.9724	11.1481
Taiwanese Dollar	33.11	33.12	32.32

DOW	NASDAQ	S&P 500
+8.94	-2.16	+0.85
+0.07	-0.09	+0.06
12569.14	2469.18	1444.61

Biotech Stocks

STOCK	LAST	DAILY CHANGE	YEAR TO DATE PERCENT CHANGE
Amgen	57.19	-1.14	-16.3
Amylin	39.26	+.43	+8.8
BiogenIdc	44.39	-.63	-9.8
Celgene	58.90	+.87	+2.4
ChRvLab	47.37	+.93	+9.5
GenProbe	48.37	+.31	-7.6
Genentch	82.64	-.76	+1.9
Genzyme	60.82	-.71	-1.2
GileadSci	77.70	-.62	+19.7
Imclone	42.35	-.59	+58.3
Invitrogn	65.15	-.42	+15.1
MedImun	36.76	+.38	+13.6
MillPhar	11.66	+.08	+7.0
QIAGEN	17.37	-.03	+14.8
VertexPh	31.56	+.64	-15.7

IT'S NO 'RASHÔMON': Larry the Cable Guy has signed on for the comedy film "Witless Protection," which begins shooting next month. He'll play a small-town sheriff who thinks a kidnapping is taking place, so he rushes in to help the damsel in distress. And that's about it.



Entertainment



SO DIMENSIONAL: "Meet the Robinsons" helped prove that audiences are willing to don glasses and pay more for 3D action.

Coming at You

Hollywood feels like it has a competitive edge with 3D films

DUCK! By the end of the decade, Darth Vader could be rattling sabers above the heads of moviegoers, and Buzz Lightyear could be flying off the screen on his way to infinity and beyond. For real — or at least the cinematic version of real: 3D.

A growing number of live-action films and animated movies are expected to be offered in in-your-face 3D in the next few years, as thousands of theaters are outfitted with the special projectors and screens needed to show the films.

Jeffrey Katzenberg, chief executive of DreamWorks Animation SKG, is so gung-ho about 3D that he has said his studio might start exclusively releasing movies in the

format as early as 2009 with its "Monsters vs. Aliens."

"For Memorial Day weekend 2009, I would like to see 3,800 locations and 6,000 screens that we can put our movie on. And if they are there, then we will be exclusive in 3D," Katzenberg said at a recent investors conference.

So far, moviegoers have reacted positively to the few 3D films that have been released in recent years.

"Meet the Robinsons" from the Walt Disney Co. debuted March 30, earning \$25.1 million in its opening weekend. More than a quarter of that revenue came from the 581 screens across the country that showed the film in 3D, the company said. Those moviegoers were even willing to pay a few extra dollars to don special glasses and watch characters leave the screen.

A number of high-profile filmmakers have 3D project in the works, including Peter Jackson, Robert Zemeckis and James Cameron. Walt Disney Co. has released 3D versions of three animated films and recently signed a deal with Zemeckis to produce more. The studio is also rumored to be making the sequel "Toy Story 3" in 3D, a report the studio declined to confirm.

These days, 3D films are more than just a gimmick. For theater owners and studios, the technology could be a lifesaver, luring people back to multiplexes for an experience that cannot be matched by sophisticated home-theater systems. The theater industry is also battling competition from video games and other alternative entertainment along with Internet downloads that will deliver high-definition films to homes.

Some industry executives think theaters can add as much as 50 percent to the cost of a ticket for a 3D feature. "If we can sell 10 percent to 15 percent of our tickets annually at a higher price point, that's a real mover of the needle," Mike Campbell, chief executive of Regal Entertainment Group, the largest U.S. theater chain. **GARY GENTILE (AP)**



FOR MORE TOP STOPS AND ENTERTAINMENT FEATURES, VISIT READEXPRESS.COM



LOW

Quiet Protest

Low's CD "Drums and Guns" is a reaction to today's violent social climate, but it's not an outright protest record. The songs are tension-filled meditations rather than overt screams. Low's quiet passion imbues "Drums and Guns" with power and pain, which seethes rather than screams, and the effect is darkly beautiful and emotionally haunting.

→ 9:30 Club, 815 V St. NW; with Loney, Dear, 7:30 p.m., \$15; 202-265-0930. (U St. - Cardozo)

KIRAN DESAI

'Loss' Winner



2 Kiran Desai comes to town for the first time since "The Inheritance of Loss" won the 2006 Man Booker Prize, one

of the most prestigious literary awards.

→ Politics & Prose, 5015 Connecticut Ave. NW; 7 p.m., free; 202-364-1919. (Van Ness-UDC)

GARY JULES

Mad World

3 Before "Donnie Darko," singer-songwriter Gary Jules was unknown. Then his acoustic version of Tears for Fears' "Mad World" became a U.K. hit and his profile soared. But that was several years ago, and Jules is back to making his way through this, ahem, mad world on his talent alone.

→ Jammin' Java, 227 Maple Avenue East, Vienna; with Jenny Owen Youngs, 8 p.m., \$12; 703-255-1566.

WHAT'S HAPPENING?

Please send press releases and photos to expressevents@readexpress.com

Swinging With Joy on the Wii

New golf game thrives because of Nintendo's unique controller

VIDEO GAMES | "Tiger Woods PGA Tour 07" is the closest thing to actual golf for the Nintendo Wii. For indoor putters who've had enough of the rather simple golf game that comes with the console, this title is a huge step forward.

The Wii is the first console with a wireless motion-sensitive remote.

This gives it an inherent advantage over other game systems, where golfing skill is generally dependent on your ability to click a mouse button or push a track ball at just the right time. The Wii makes for a much more realistic experience.

As with the real thing, striking a balance between power and accuracy is the trick. I spent days developing a consistent, straight shot that didn't sail out of bounds or into a pond. Putting, however, gave me problems no matter how



FORE! Except for all the hooks, slices & whiffs, you can swing like Tiger Woods.

much I practiced.

The Wii version's emphasis on controls seems to have come at the expense of the graphics. The visuals are bad, with some of the on-screen text so blurry that I could barely read it on my high-definition TV. The courses, too, generally lacked any visual punch, with bland colors and sparse scenery.

It's not a hole in one, but "Tiger Woods PGA Tour 07" is a solid debut for the franchise on the Wii.

MATT SLAGLE (AP)

Entertainment



NO WAITING IN VAIN: The documentary "Africa Unite," which chronicles the 2005 concert in Ethiopia that celebrated Bob Marley's 60th birthday, debuted Saturday in New York. Director Stephanie Black ("Life and Debt") mixed backstage and on-the-streets footage with musical performances from the 12-hour concert.

Musical Motorways

Trans Am returns with a seamless and lovely 'Sex Change'

MUSIC | After a two and a half year break, Trans Am is on the road again to support its new CD, "Sex Change."

But the District can no longer claim the group as its own.

After living in New Zealand, bassist Nathan Means moved to Portland, Ore. Guitarist Phil Manley now calls San Francisco home, and drummer Sebastian Thomson splits his time between London, Bethesda and New York City. Meanwhile, Manley also strums for the Champs and Thomson pounds

for Weird War, but breaking up isn't something Trans Am considered.

"It's not something we'd have to formally end. There's not a lot to be divided," Means laughed. "There's not an estate to divide. We'd have to cancel payments on our Web site, and there's some gear that would have to be dispersed. That's it."

While its parts are spread out across the country, Trans Am still runs on the same musical engine: German drone rock and old-school electro bump up against ZZ Top-ish boogie guitar.

Trans Am's members started playing together in a high school classic-rock band. But the trio didn't refine its sound until the mid-'90s, when the musicians reconvened in



MOTOR ON: Former D.C. band Trans Am still purrs despite geographic separation.

D.C. after college. It was then that Trans Am unwittingly helped spark the "post-rock" movement: groups playing largely instrumental music that looked to other forms, such as jazz, electronica and world music, to color in their rock-based outlines.

"Sex Change" still fits the tenets of post-rock, even if the term is passé. But unlike some Trans Am albums, the sublime "Sex Change" largely bypasses hard rock in favor of playful electro-pop that recalls the legendary Krautrock band Neu! at its most hypnotically *motorik*.

"It's kind of boring, but in a way it was about us getting back together and having fun making an album again," said Means. "If there is something about it that's more approachable, or calmer, or more fun, I imagine that's the reason why." CHRISTOPHER PORTER (EXPRESS)

→ *Black Cat, 1811 14th St. NW; with Zombi, Tues., 8 p.m., \$12; 202-667-7960. (U St.-Cardozo)*

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REIGN OVER ME (R) - ID REQ'D DIG (1250 300 450 700)
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ARE WE DONE YET? (PG) DIG (1220 215 245 440 510) 705 735 930
FIREHOUSE DOG (PG) DIG (1210 250 520 755 1020)
BLADES OF GLORY (PG-13) DIG (1205 200 230 435 505) 700 730
OC: SHOOTER (R) - ID REQ'D DIG (1205 200 230 435 505) 700 730
TEENAGE MUTANT NINJA TURTLES (PG) DIG (1205 200 230 435 505) 700 730
SHOOTER (R) - ID REQ'D DIG (1210 235 505 730 955)
THE HILLS HAVE EYES II (R) - ID REQ'D DIG (1230 255 525 755 1025)
PRIDE (PG) DIG (1225 515 740 1015)
REIGN OVER ME (R) - ID REQ'D DIG (1250 300 450 700)
300 (R) - ID REQ'D DIG (110 430 725 1025)
WILD HOGS (PG-13) DIG (135 405 635 905)

COUNTRYSIDE STADIUM 20

45980 Regal Plaza 800-FANDANGO 394#
Adv. Tix on Sale DIRTY DANCING: 20TH ANNIVERSARY (PG-13) ★
MEET THE ROBINSONS DIGITAL 3D- \$2.50 FEE FOR 3D (G) DIG (130 430 720 950)
OC: SHOOTER (R) - ID REQ'D DIG (1205 200 230 435 505) 700 730
GRINDHOUSE (R) - ID REQ'D DIG (1200 100 400 500 800 900)
HOAX (R) - ID REQ'D DIG (120 355 640 915)
THE REAPING (R) - ID REQ'D DIG (1215 240 510 745 1010)
FIREHOUSE DOG (PG) DIG (1210 250 520 755 1020)
ARE WE DONE YET? (PG) DIG (1205 230 455 720 940)
BLADES OF GLORY (PG-13) DIG (1220 120 300 420 530 710 810 930)
THE LOOKOUT (R) - ID REQ'D DIG (1210 235 505 730 955)
TEENAGE MUTANT NINJA TURTLES (PG) DIG (1205 220 450 710)
SHOOTER (R) - ID REQ'D DIG (1210 235 505 730 955)
THE HILLS HAVE EYES II (R) - ID REQ'D DIG (1230 255 525 755 1025)
PRIDE (PG) DIG (1225 515 740 1015)
REIGN OVER ME (R) - ID REQ'D DIG (1250 300 450 700)
300 (R) - ID REQ'D DIG (110 430 725 1025)
WILD HOGS (PG-13) DIG (135 405 635 905)

ROCKVILLE CENTER STADIUM 13

Rockville Town Center 800-FANDANGO 248#
Adv. Tix on Sale DIRTY DANCING: 20TH ANNIVERSARY (PG-13) ★
GRINDHOUSE (R) - ID REQ'D DIG (1200 100 400 500 800 900)
THE REAPING (R) - ID REQ'D DIG (1215 240 510 745 1010)
FIREHOUSE DOG (PG) DIG (1210 250 520 755 1020)
ARE WE DONE YET? (PG) DIG (1205 230 455 720 940)
MEET THE ROBINSONS DIGITAL 3D- \$2.50 FEE FOR 3D (G) DIG (155 430 715 950)
BLADES OF GLORY (PG-13) DIG (1220 120 300 420 530 710 810 930)
MEET THE ROBINSONS (G) DIG (120 355 640 915)
TEENAGE MUTANT NINJA TURTLES (PG) DIG (1205 220 450 710)
SHOOTER (R) - ID REQ'D DIG (1210 235 505 730 955)
THE LAST MIMZY (PG) DIG (1200 100 400 500 800 900)
REIGN OVER ME (R) - ID REQ'D DIG (1230 255 525 755 1025)
PRIDE (PG) DIG (1225 515 740 1015)
REIGN OVER ME (R) - ID REQ'D DIG (1250 300 450 700)
300 (R) - ID REQ'D DIG (110 430 725 1025)
WILD HOGS (PG-13) DIG (135 405 635 905)

MANASSAS STADIUM 14

11380 Bulloch Drive 800-FANDANGO 490#
Adv. Tix on Sale DIRTY DANCING: 20TH ANNIVERSARY (PG-13) ★
GRINDHOUSE (R) - ID REQ'D DIG (1200 100 400 500 800 900)
THE REAPING (R) - ID REQ'D DIG (1215 240 510 745 1010)
FIREHOUSE DOG (PG) DIG (1210 250 520 755 1020)
ARE WE DONE YET? (PG) DIG (1205 230 455 720 940)
BLADES OF GLORY (PG-13) DIG (1220 120 300 420 530 710 810 930)
MEET THE ROBINSONS DIGITAL 3D- \$2.50 FEE FOR 3D (G) DIG (155 430 715 950)
OC: SHOOTER (R) - ID REQ'D DIG (1205 200 230 435 505) 700 730
TEENAGE MUTANT NINJA TURTLES (PG) DIG (1205 200 230 435 505) 700 730
SHOOTER (R) - ID REQ'D DIG (1210 235 505 730 955)
THE LAST MIMZY (PG) DIG (1200 100 400 500 800 900)
REIGN OVER ME (R) - ID REQ'D DIG (1230 255 525 755 1025)
PRIDE (PG) DIG (1225 515 740 1015)
REIGN OVER ME (R) - ID REQ'D DIG (1250 300 450 700)
300 (R) - ID REQ'D DIG (110 430 725 1025)
WILD HOGS (PG-13) DIG (135 405 635 905)

FAIRFAX TOWNE CENTER 10

4110 W Ox Road 800-FANDANGO 670#
Adv. Tix on Sale DCI CLASSIC COUNTDOWN 2007 (NR) ★
Adv. Tix on Sale IL BARBIERE DI SIVIGLIA ENCORE (NR) ★
GRINDHOUSE (R) - ID REQ'D DIG (1230 300 430 700 930)
FIREHOUSE DOG (PG) DIG (1230 300 430 700 930)
TEENAGE MUTANT NINJA TURTLES (PG) DIG (1210 220 440 710 930)
WILD HOGS (PG-13) DIG (1225 250 520 750 1010)
THE LOOKOUT (R) - ID REQ'D DIG (1210 235 505 730 955)
SHOOTER (R) - ID REQ'D DIG (1210 235 505 730 955)
THE LAST MIMZY (PG) DIG (1220 240 510 740 1005)
PREMONITION (PG-13) DIG (1240 350 650 920)
BREACH (PG-13) DIG (100 400 645 950)

GERMANTOWN STADIUM 14

20000 Century Blvd 800-FANDANGO 455#
Adv. Tix on Sale DCI CLASSIC COUNTDOWN 2007 (NR) ★
Adv. Tix on Sale DIRTY DANCING: 20TH ANNIVERSARY (PG-13) ★
GRINDHOUSE (R) - ID REQ'D DIG (1230 300 430 700 930)
BLADES OF GLORY (PG-13) DIG (1245 215 415 500) 730 815 1000
MEET THE ROBINSONS (G) DIG (100 230 415 500) 700 745 940
THE REAPING (R) - ID REQ'D DIG (1210 440 745 1010)
FIREHOUSE DOG (PG) DIG (1250 410 700 940)
ARE WE DONE YET? (PG) DIG (110 400) 715 945
TEENAGE MUTANT NINJA TURTLES (PG) DIG (1245 420 645 930)
300 (R) - ID REQ'D DIG (100 445) 730 1020
WILD HOGS (PG-13) DIG (115 350) 645 950
SHOOTER (R) - ID REQ'D DIG (1230 400 800 1045)
THE LAST MIMZY (PG) DIG (115) 500
PREMONITION (PG-13) DIG (430) 715 1000
REIGN OVER ME (R) - ID REQ'D DIG (945) 500

UA SNOWDEN SQ STADIUM 14

9161 Commerce Ctr Dr 800-FANDANGO 570#
Adv. Tix on Sale DCI CLASSIC COUNTDOWN 2007 (NR) ★
Adv. Tix on Sale DIRTY DANCING: 20TH ANNIVERSARY (PG-13) ★
GRINDHOUSE (R) - ID REQ'D DIG (1200 100 400 500 800 900)
THE REAPING (R) - ID REQ'D DIG (1200 445) 800 1030
FIREHOUSE DOG (PG) DIG (100 400) 715 1000
ARE WE DONE YET? (PG) DIG (115 415) 730 1010
BLADES OF GLORY (PG-13) DIG (1245 445 645 745 1015)
MEET THE ROBINSONS (G) DIG (1230 130 330 430) 630 730 915
TEENAGE MUTANT NINJA TURTLES (PG) DIG (230 500)
SHOOTER (R) - ID REQ'D DIG (1215 315) 700 950
THE LAST MIMZY (PG) DIG (1200) 500
REIGN OVER ME (R) - ID REQ'D DIG (1215) 700
THE NAMESAKE (PG-13) DIG (1245 345) 615 950
PREMONITION (PG-13) DIG (315) 950
300 (R) - ID REQ'D DIG (745 1025)
WILD HOGS (PG-13) DIG (115 415) 645 930
OC: BLADES OF GLORY (PG-13) DIG (345) 915

MANASSAS STADIUM 14

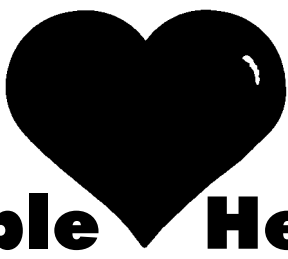
11380 Bulloch Drive 800-FANDANGO 490#
Adv. Tix on Sale DIRTY DANCING: 20TH ANNIVERSARY (PG-13) ★
GRINDHOUSE (R) - ID REQ'D DIG (1200 100 400 500 800 900)
THE REAPING (R) - ID REQ'D DIG (1230 310 740 1005)
FIREHOUSE DOG (PG) DIG (110 355) 700 930
ARE WE DONE YET? (PG) DIG (1155 220 435) 745 1010
BLADES OF GLORY (PG-13) DIG (1215 1255 230 330 450) 650 730
MEET THE ROBINSONS DIGITAL 3D- \$2.50 FEE FOR 3D (G) DIG (155 430 715 950)
OC: SHOOTER (R) - ID REQ'D DIG (1205 200 230 435 505) 700 730
TEENAGE MUTANT NINJA TURTLES (PG) DIG (1205 200 230 435 505) 700 730
SHOOTER (R) - ID REQ'D DIG (1210 235 505 730 955)
THE LAST MIMZY (PG) DIG (1200 100 400 500 800 900)
REIGN OVER ME (R) - ID REQ'D DIG (1230 255 525 755 1025)
PRIDE (PG) DIG (1225 515 740 1015)
REIGN OVER ME (R) - ID REQ'D DIG (1250 300 450 700)
300 (R) - ID REQ'D DIG (110 430 725 1025)
WILD HOGS (PG-13) DIG (135 405 635 905)

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RESEARCH ON BLADDER SYMPTOMS

Do you have bothersome bladder symptoms, such as the following:

- Urinating more frequently than you think you should
- Waking up during the night because you have to urinate
- Experiencing a sudden need, or urge, to urinate
- Having difficulty controlling your bladder
- Having a dribble at the end of your stream
- Having a delay before you can start to urinate
- Straining during urination • Having a weak urinary stream
- Starting and stopping urination

If so, you may be eligible to participate in a research interview to talk about your bladder symptoms.

The research interview will take approximately 45 minutes-1 hour to complete.

Participants will receive \$50 for their time.

For more information about this study, please call **1-877-954-4252** and ask for Lindsey Murray at United BioSource Corporation (UBC).

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Eisenhower Ave and Telegraph Road in Alexandria
703-998-4AMC

DIGITAL 3D

MEET THE ROBINSONS IN DISNEY DIGITAL 3-D (G) 1:45, 4:35, 7:10, 9:50

THE HOAX (R) 1:35, 4:55, 7:45, 10:35
GRINDHOUSE (R) 1:45, 2:00, 3:45, 6:15, 8:15, 10:30
THE REAPING (R) 2:30, 5:15, 8:00, 10:45
ARE WE DONE YET? (PG) 1:50, 4:30, 7:15, 9:45
FIREHOUSE DOG (PG) 1:05, 3:55, 7:00, 9:40
BLADES OF GLORY (PG13) 12:10, 1:10, 1:30, 2:35, 3:30, 4:00, 5:10, 5:55, 6:30, 7:40, 8:20, 9:10, 10:10, 10:40
BLADES OF GLORY (PG13) 1:30, 4:00, 6:30, 9:10
MEET THE ROBINSONS (G) 1:00, 3:00, 6:45, 9:15
THE HILLS HAVE EYES 2 (R) 12:40, 3:05, 5:25, 8:10, 10:25
THE LAST MIMZY (PG) 12:00, 2:40, 5:20
PRIDE (PG) 2:15, 5:05, 7:50, 10:35
REIGN OVER ME (R) 1:20, 4:05, 7:05, 9:55
SHOOTER (R) 1:50, 4:50, 7:50, 10:45
TMNT (PG) 1:25, 3:40, 6:55, 9:05
DEAD SILENCE (R) 8:05, 10:20
I THINK I LOVE MY WIFE (R) 2:10, 4:30, 6:50, 9:25
PREMONITION (PG13) 6:45, 9:20
300 (R) 1:40, 4:45, 7:35, 10:40
WILD HOGS (PG13) 12:20, 2:55, 5:25, 7:55, 10:20

THE LOOKOUT (R) 1:55, 4:20
THE NAMESAKE (PG13) 1:15, 4:10, 7:20, 10:05

LOEWS GEORGETOWN 14
3111 K Street, N.W.
202-342-6441

DIGITAL 3D

MEET THE ROBINSONS IN DISNEY DIGITAL 3-D (G) 2:25, 4:55, 7:30, 10:05

THE HOAX (R) 1:20, 5:05, 7:55, 10:25
GRINDHOUSE (R) 1:00, 2:40, 4:50, 6:45, 9:00
THE REAPING (R) 1:55, 4:30, 7:00, 9:35
ARE WE DONE YET? (PG) 2:10, 4:40, 7:10, 9:40
FIREHOUSE DOG (PG) 2:15, 4:55, 7:35, 10:20
BLADES OF GLORY (PG13) 2:30, 4:50, 7:15, 9:45
THE LAST MIMZY (PG) 1:50
REIGN OVER ME (R) 7:45, 10:30
SHOOTER (R) 2:05, 5:00, 7:45, 10:30
TMNT (PG) 1:20, 3:30, 5:40
I THINK I LOVE MY WIFE (R) 9:50 PM
PREMONITION (PG13) 2:10, 4:35, 7:20
300 (R) 2:00, 4:45, 7:40, 10:25
300 (R) 2:00, 4:45, 7:40, 10:25
THE LOOKOUT (R) 4:20, 6:50, 9:25
THE NAMESAKE (PG13) 1:15, 4:10, 7:05, 10:00

AMC SPRINGFIELD MALL 10
Loisdale and Franconia Road
703-971-3991

GRINDHOUSE (R) 4:30, 8:30
THE REAPING (R) 5:30, 8:00
FIREHOUSE DOG (PG) 4:10, 7:00
THE LAST MIMZY (PG) 5:00
SHOOTER (R) 4:20, 7:30
TMNT (PG) 12:30, 3:00, 5:10, 7:30
300 (R) 7:45
WILD HOGS (PG13) 5:15, 7:40

LOEWS RIO CINEMAS 18
9811 Washingtonian Boulevard
301-948-0906

DIGITAL 3D

MEET THE ROBINSONS IN DISNEY DIGITAL 3-D (G) 2:30, 5:00, 7:45, 10:10

THE HOAX (R) 1:40, 4:20, 7:00, 9:50
GRINDHOUSE (R) 1:30, 2:00, 5:10, 8:10, 9:00, 10:00
THE REAPING (R) 1:15, 3:45, 6:10, 8:25, 10:40
ARE WE DONE YET? (PG) 1:25, 3:00, 5:30, 8:00, 10:20
FIREHOUSE DOG (PG) 1:50, 4:35, 7:10, 9:55
BLADES OF GLORY (PG13) 12:55, 1:45, 3:15, 4:30, 5:45, 6:50, 8:15, 9:15, 10:30
MEET THE ROBINSONS (G) 1:30, 4:10, 6:45, 9:10
MEET THE ROBINSONS (G) 1:30, 4:10, 6:45, 9:10
THE LAST MIMZY (PG) 12:50, 3:10, 5:35
REIGN OVER ME (R) 1:10, 4:05, 7:00, 10:00
SHOOTER (R) 1:25, 4:25, 7:30, 10:25
TMNT (PG) 1:10, 3:25, 5:50, 8:10, 10:20
PREMONITION (PG13) 7:50, 10:15
300 (R) 1:00, 3:45, 7:05, 10:05
WILD HOGS (PG13) 1:05, 3:35, 5:55, 8:15, 10:40
THE LOOKOUT (R) 1:05, 3:30, 5:55, 8:10, 10:35
THE NAMESAKE (PG13) 1:40, 4:40, 7:25, 10:10

AMC POTOMAC MILLS 18
2700 Potomac Mills Circle, Ste 886
703-998-4262

DIGITAL 3D

MEET THE ROBINSONS IN DISNEY DIGITAL 3-D (G) 1:50, 4:25, 7:05, 9:40

GRINDHOUSE (R) 1:00, 4:00, 5:00, 8:00, 9:00
THE REAPING (R) 1:45, 4:20, 7:05, 9:35
ARE WE DONE YET? (PG) 2:50, 5:10, 7:30, 10:05
FIREHOUSE DOG (PG) 2:40, 5:20, 7:35, 10:00
BLADES OF GLORY (PG13) 1:05, 3:40, 6:15, 8:50
MEET THE ROBINSONS (G) 2:30, 4:50, 7:20, 9:45
THE HILLS HAVE EYES 2 (R) 2:30, 4:50, 7:20, 9:45
THE LAST MIMZY (PG) 2:05, 4:30
PRIDE (PG) 2:25, 5:05, 7:40, 10:10
REIGN OVER ME (R) 1:30, 4:15, 7:10, 10:00
SHOOTER (R) 1:10, 4:05, 7:15, 10:10
TMNT (PG) 2:10, 4:35, 7:00, 9:10
PREMONITION (PG13) 2:20, 4:55, 7:25, 9:55
300 (R) 1:55, 4:45, 7:30, 10:15
WILD HOGS (PG13) 2:45, 5:15, 7:40, 10:05

THE LOOKOUT (R) 7:00, 9:30

AMC COLUMBIA MALL 14
10300 Patuxent Parkway
410-423-0520

DIGITAL 3D

MEET THE ROBINSONS IN DISNEY DIGITAL 3-D (G) 2:20, 4:50, 7:30, 10:00

GRINDHOUSE (R) 1:10, 5:00, 8:50
THE REAPING (R) 2:20, 4:40, 7:10, 9:40
ARE WE DONE YET? (PG) 2:00, 4:25, 6:50, 9:10
FIREHOUSE DOG (PG) 1:30, 4:00, 6:30, 9:05
BLADES OF GLORY (PG13) 1:50, 4:15, 6:40, 9:00
THE LAST MIMZY (PG) 2:25, 4:45, 7:05
PRIDE (PG) 1:25, 3:45, 6:05, 8:35
REIGN OVER ME (R) 3:10, 6:10, 8:55
SHOOTER (R) 1:20, 4:10, 7:00, 9:50
TMNT (PG) 1:15, 3:25, 5:35, 7:45, 9:55
TMNT (PG) 1:15, 3:25, 5:35, 7:45, 9:55
PREMONITION (PG13) 9:25 PM
300 (R) 3:20, 6:20, 9:15
WILD HOGS (PG13) 1:45, 4:20, 6:55, 9:30

LOEWS FAIRFAX SQUARE 8
8065 Leesburg Pike
703-506-9857 802

THE HILLS HAVE EYES 2 (R) 5:20, 8:10
PRIDE (PG) 4:40, 7:40
I THINK I LOVE MY WIFE (R) 5:00, 8:00
ZODIAC (R) 7:00
BREACH (PG13) 4:30, 7:30
BRIDGE TO TERABITHIA (PG) 4:50

AMAZING GRACE (PG) 4:20, 7:20
THE LAST KING OF SCOTLAND (R) 4:10, 7:10
THE QUEEN (PG13) 4:50, 7:50

MAGIC JOHNSON CAPITAL CENTRE 12
800 Shopper's Way, Largo
301-324-4220

GRINDHOUSE (R) 12:25, 4:40, 9:00
THE REAPING (R) 12:20, 2:55, 5:20, 7:40, 10:30
ARE WE DONE YET? (PG) 12:00, 2:10, 4:30, 7:20, 10:00
FIREHOUSE DOG (PG) 12:15, 3:05, 5:35, 8:05, 10:35
BLADES OF GLORY (PG13) 12:55, 3:30, 5:45, 8:00, 10:20
MEET THE ROBINSONS (G) 12:30, 3:00, 5:40, 8:10, 10:40
THE HILLS HAVE EYES 2 (R) 5:30, 7:50, 10:25
PRIDE (PG) 12:50, 3:20, 5:50, 8:15, 10:40
SHOOTER (R) 1:30, 4:10, 7:00, 10:10
TMNT (PG) 12:40, 2:50, 5:00, 7:10, 9:50
I THINK I LOVE MY WIFE (R) 2:00, 4:20, 6:45, 9:30
PREMONITION (PG13) 12:10, 2:40
300 (R) 1:00, 3:40, 6:50, 9:40

LOEWS DUPONT 5
1350 19th St.
1-800-FANDANGO #711

GRINDHOUSE (R) 12:30, 4:30, 8:30
300 (R) 1:30, 4:10, 7:00
BREACH (PG13) 1:45, 4:45, 7:20

ISLANDER (R) 2:15, 8:00
STARTER FOR 10 (PG13) 5:15
AMAZING GRACE (PG) 2:00, 5:00, 7:40

LOEWS UPTOWN 1
3426 Connecticut Avenue N.W.
1-800-FANDANGO #713
GRINDHOUSE (R) 12:00, 4:00, 8:00

AMC TYSONS CORNER 16
7850 Tysons Corner Center
703-998-4262

DIGITAL 3D

MEET THE ROBINSONS IN DISNEY DIGITAL 3-D (G) 2:00, 4:40, 7:05, 9:30

GRINDHOUSE (R) 12:35, 3:00, 4:30, 7:00, 8:30, 10:45
THE REAPING (R) 12:50, 3:10, 5:35, 8:00, 10:20
ARE WE DONE YET? (PG) 1:15, 3:25, 5:45, 7:55, 10:15
FIREHOUSE DOG (PG) 1:45, 4:20, 7:10, 9:40
BLADES OF GLORY (PG13) 12:55, 3:05, 5:30, 7:50, 10:10
MEET THE ROBINSONS (G) 12:40 PM
THE LAST MIMZY (PG) 12:35, 2:55, 5:15, 7:35, 9:50
REIGN OVER ME (R) 1:25, 4:45, 7:30, 10:35
SHOOTER (R) 1:55, 4:50, 7:45, 10:40
TMNT (PG) 12:45, 5:00, 5:10, 7:15, 9:25
TMNT (PG) 12:45, 5:00, 5:10, 7:15, 9:25
PREMONITION (PG13) 1:05, 3:30, 5:50, 8:10, 10:30
300 (R) 1:30, 4:35, 7:20, 10:00
WILD HOGS (PG13) 1:10, 3:35, 5:55, 8:15, 10:40

THE LOOKOUT (R) 1:00, 3:20, 5:40, 8:05, 10:25
THE NAMESAKE (PG13) 1:20, 4:15, 7:05, 9:55

AMC RIVERTOWNE 12
Exit 4A I-95, 1/2 mi. on Oxon Hill Rd.
703-998-4AMC

GRINDHOUSE (R) 12:30, 5:00
THE REAPING (R) 1:30, 4:30, 7:30
ARE WE DONE YET? (PG) 12:50, 3:10, 5:45, 8:15
FIREHOUSE DOG (PG) 1:35, 4:25, 7:10
BLADES OF GLORY (PG13) 1:45, 5:20, 7:50
MEET THE ROBINSONS (G) 12:50, 3:20, 5:45, 8:15
THE HILLS HAVE EYES 2 (R) 8:10
PRIDE (PG) 1:40, 4:50, 7:45
REIGN OVER ME (R) 1:50, 5:00, 7:50
SHOOTER (R) 1:35, 4:35, 7:25
TMNT (PG) 12:50, 3:15, 5:40, 8:10
I THINK I LOVE MY WIFE (R) 12:45, 3:00, 5:30
300 (R) 1:30, 4:20, 7:25

AMC COURTHOUSE PLAZA 8
Courthouse and Birch Rd.
703-998-4AMC

THE REAPING (R) 2:10, 4:30, 7:30, 10:10
ARE WE DONE YET? (PG) 2:00, 4:20, 7:20, 9:30
BLADES OF GLORY (PG13) 2:20, 3:30, 4:45, 5:45, 7:00, 8:00, 9:15, 10:15
REIGN OVER ME (R) 4:10, 7:10, 9:50
TMNT (PG) 2:30, 4:30
ZODIAC (R) 6:50, 10:00
BREACH (PG13) 5:00, 10:20
MUSIC AND LYRICS (PG13) 2:40, 7:50

THE LOOKOUT (R) 3:00, 5:20, 7:40, 9:55

LOEWS SHIRLINGTON 7
2772 South Randolph
703-671-0910 801

THE HOAX (R) 1:40, 4:10, 7:00, 9:20
THE NAMESAKE (PG13) 1:30, 2:30, 4:20, 5:00, 7:00, 7:40, 9:30, 10:00
THE HOST (R) 2:20, 4:40, 7:30, 9:50
AMAZING GRACE (PG) 2:10, 4:20, 7:20, 9:40
THE LIVES OF OTHERS (R) 2:00, 4:50, 8:00
THE LAST KING OF SCOTLAND (R) 1:50, 4:30, 7:10, 9:40

LOEWS WHITE FLINT 5
North Bethesda
1-800-FANDANGO #741

GRINDHOUSE (R) 2:20, 6:10
THE REAPING (R) 2:15, 4:35, 7:10
BLADES OF GLORY (PG13) 2:20, 4:30, 7:00
REIGN OVER ME (R) 2:00, 4:40, 7:05
SHOOTER (R) 2:05, 7:30
300 (R) 4:45

AMC MAZZA GALLERIE
Jenifer and Wisconsin
202-537-9553

THE REAPING (R) 2:40, 5:10, 7:40
BLADES OF GLORY (PG13) 12:50, 3:20, 5:40, 8:00
REIGN OVER ME (R) 1:15, 4:15, 7:15
SHOOTER (R) 1:30, 4:30
300 (R) 1:00, 3:00, 4:00, 6:10, 7:00
BREACH (PG13) 1:40, 7:10
MUSIC AND LYRICS (PG13) 4:20
MUSIC AND LYRICS (PG13) 4:20

Patients with High Cholesterol Needed for a Clinical Trial

Are you currently taking lipid lowering therapy to treat your high cholesterol?

If so, and you are at least 18 years old, you may qualify for a medical research study to test the investigational use of a marketed medication for high cholesterol. Participants in the study will receive study medication, study related physician visits, lab work, and reimbursement for study travel.

For Further Information, Call:
Millennium Clinical Trials
703-527-8100
Metro Accessible

TOSSING... TURNING... FRUSTRATED...

CAN'T GET SLEEP?

A clinical research study for people who can't get a good night's sleep is now enrolling.

Qualified participants must be:

- 18 years of age or older
- Generally in good health
- Experiencing problems staying asleep for at least 3 months

Study participation includes, at no charge to you:

- Study visits with a medical professional
- Investigational study drug
- Study procedures and tests

Compensation for incidental costs and travel will be provided

FOR INFORMATION

Sleep Disorders Centers
of the Mid-Atlantic
703-877-2087

✓SPECIAL ENGAGEMENT No passes or discount coupons

CC - Closed Captioning - DV - Descriptive Video Service

Times for Tuesday, April 10, 2007

Television



SAVED BY THE CW: Mario Lopez ("Dancing With the Stars," "Saved by the Bell," other terrible shows) will co-star with R&B singer Christina Milian in the CW comedy pilot "Eight Days a Week." The show focuses on four twentysomethings who work for powerful New Yorkers.

'Idol' Fools, Indeed

Sanjaya Malakar is getting joke votes — but he sings just fine

IS HE KIDDING? | I believe it was Shakespeare who wrote, "American Idol" (8 p.m., Fox) doth make fools of us all!"

The media obsession over the staying power of Sanjaya Malakar has become absurdly overheated. I predicted some time ago that he would survive long into the competition.

He's a nice, young, nonthreatening male — virtual catnip for the preteen female viewers who watch



SANJAYA, HE'S ON FY-AH! Tony Bennett and Express' TV writer love him.

"Idol" and presumably vote in large numbers.

The notion that a cynical Web campaign to "vote the worst" is behind Malakar's survival seems completely preposterous.

And the efforts of a certain satellite radio star to "destroy" the popular show by backing Sanjaya says more about Howard Stern's desperation for attention and relevance than it does about Malakar and "Idol."

And hair aside, is Malakar all that bad? I'm just a tone-deaf critic who can't sing "Happy Birthday," so what do I know?

Last week, young Malakar got a vote of confidence from Tony Bennett.

That's good enough for me. KEVIN MCDONOUGH (UNITED FEATURE SYNDICATE)

ON TV TONIGHT

DOG DAYS FOR THE DOG

They say every dog has his day. Duane "Dog" Chapman has had quite a year, and he returns for the fourth season of **DOG THE BOUNTY HUNTER** (9 p.m., A&E). Last year, the grizzled and tragically permed man-hunter got married, lost a daughter and father-in-law and was arrested south of the Mexican border over his involvement in the extradition of convicted serial rapist Andrew Luster. Chapman continues to battle for his exoneration and still has time to bring AWOL outlaws to justice. "Dog" remains one of the most-watched documentary series on basic cable.

ROSANNE'S BACK IN PRIME TIME Kim Coles and Hal Sparks preside as



MACHO PERM: Dog fights the lawless — and the law — on "Bounty Hunter."

celebrity judges on **FUNNIEST MOM IN AMERICA** (9 p.m., Nick at Nite). Roseanne Barr hosts.

WHAT'S ZULU FOR 'WE'RE SORRY'? **THE REAL WORLD/ROAD RULES** (10 p.m., MTV) decamps for South Africa. KEVIN MCDONOUGH (UNITED FEATURE SYNDICATE)

4.10.07	6:00 PM	6:30	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
LOCAL CHANNELS	WRC 4 News	The Simpsons	The Simpsons	Seinfeld	American Idol The finalists perform.	House "Airborne" (N) (PA)	Law & Order: Criminal Intent	Law & Order: Special Victims Unit	News	News	News	Tonight Show
WTTG 5	Seinfeld	The Simpsons	The Simpsons	Seinfeld	American Idol The finalists perform.	House "Airborne" (N) (PA)	Law & Order: Criminal Intent	Law & Order: Special Victims Unit	News	News	News	Every-Raymond
WJLA 7	News	ABC Wild News	Wheel of Fortune	Jeopardy! (N)	George Lopez	Dancing With the Stars (S Live)	Boston Legal "Brotherly Love" (N)	News	Boston Legal "Brotherly Love" (N)	News	News	(35) Nightline (N)
WUSA 9	News	Evening News	News	Entertainment	NCIS "Cover Story" (N)	The Unit "In Loco Parentis" (N)	Criminal Minds "The Perfect Storm"	News	Criminal Minds "The Perfect Storm"	News	News	Late Show
WDCB 20	Scrubs	Scrubs	Judge Joe Brown	Judge Judy (N)	American Heiress (N)	American Heiress (N)	The Tyra Banks Show	Still Standing	The Tyra Banks Show	Still Standing	Still Standing	Still Standing
WMPT 22	The NewsHour With Jim Lehrer (N)	Business Rpt.	Outdoors Md.	Nova "Sinking the Supership"	Frontline "Memory of the Camps"	Frontline "Memory of the Camps"	Frontline/World (N) (DVS)	Roadshow FYI	Frontline/World (N) (DVS)	Roadshow FYI	Roadshow FYI	Smart Travels
WETA 26	BBC World News	Business Rpt.	The NewsHour With Jim Lehrer (N)	Nova "Sinking the Supership"	Leonardo's Dream Machines	Leonardo's Dream Machines	Frontline/World (N) (DVS)	Charlie Rose (N)	Frontline/World (N) (DVS)	Charlie Rose (N)	Charlie Rose (N)	Charlie Rose (N)
WHUT 32	World Business	Tavis Smiley	BBC World News	Moneywise	Ike & Tina Turner: Live in Holland '71	Journey of the Heart: Life of Nouwen	BBC World News	Tavis Smiley	BBC World News	Tavis Smiley	Charlie Rose (N)	Charlie Rose (N)
WDCW 50	My Wife and Kids	My Wife and Kids	Friends	Friends	Gilmore Girls "Farewell, My Pet"	Pussycat Dolls-Search	Will & Grace	Will & Grace	Will & Grace	Will & Grace	Sex and the City	Sex and the City
BASIC CABLE	A&E Cold Case Files	CSI: Miami "Slaughterhouse"	CSI: Miami "Slaughterhouse"	CSI: Miami "Kill Zone"	Dog the Bounty Hunter (N)	Driving Force (N)	Driving Force	King of Cars	Driving Force (N)	Driving Force	King of Cars	King of Cars (N)
Animal	The Crocodile Hunter Diaries	The Most Extreme "Home Designers"	The Most Extreme "Home Designers"	The Most Extreme "Divers"	Ferocious African Crocodiles	Miami Animal Police "Tiger Trouble"	The Most Extreme "Divers"	The Most Extreme "Divers"	Miami Animal Police "Tiger Trouble"	The Most Extreme "Divers"	The Most Extreme "Divers"	The Most Extreme "Divers"
BET	106 & Park: BET's Top 10 Live	★★ "The Fighting Temptations" (2003) Cuba Gooding Jr., Beyoncé Knowles. Premiere.	★★ "The Fighting Temptations" (2003) Cuba Gooding Jr., Beyoncé Knowles. Premiere.	★★ "The Fighting Temptations" (2003) Cuba Gooding Jr., Beyoncé Knowles. Premiere.	College Hill	Run's House	Jamie Foxx	Jamie Foxx	College Hill	Run's House	Jamie Foxx	Jamie Foxx
Bravo	Top Design Magazine cover design.	Work Out	Work Out	Work Out	Work Out Jackie sees a therapist.	Work Out (N)	Work Out	Work Out	Top Design Magazine cover design.	Work Out	Work Out	Work Out
Comedy	(5:00) ★ "Armed and Dangerous"	Scrubs	Scrubs	Scrubs	Daily Show	Colbert Report	Chappelle's Show	South Park	Mind of Mencia	Mind of Mencia	Daily Show	Colbert Report
Court	Forensic Files	Forensic Files	Cops	Cops	Cops	Cops	Cops	Cops	Hot Pursuit	Hot Pursuit	LA Forensics	North Mission
Discovery	It Takes a Thief	MythBusters "Speed Cameras"	MythBusters "Speed Cameras"	MythBusters "Speed Cameras"	Deadliest Catch "A Tragic Beginning"	Deadliest Catch "A Tragic Beginning"	Deadliest Catch "A Tragic Beginning"	Deadliest Catch "A Tragic Beginning"	Rogue Nature Chimpanzee behavior.	Rogue Nature Chimpanzee behavior.	MythBusters "Hindenburg Mystery"	MythBusters "Hindenburg Mystery"
DISCH	Critical Incident: Sudden Impact	Impact: Stories of Survival	Impact: Stories of Survival	Triplets and Quints	Twins, Twins & More Twins	Jon & Kate Plus 8	Jon & Kate Plus 8	Triplets and Quints	Critical Incident: Sudden Impact	Impact: Stories of Survival	Impact: Stories of Survival	Triplets and Quints
Disney	Phil of the Future	That's So Raven	Phil of the Future	Zack & Cody	★★ "Stitch! The Movie" (2003) Voices of Chris Sanders.	Lilo & Stitch	Life With Derek	Phil of the Future	Phil of the Future	That's So Raven	That's So Raven	That's So Raven
E!	Celebrity Plastic Surgery	E! News (N)	The Daily 10 (N)	Dr. 90210	Dr. 90210 "Flat and Flatter"	The Shield "Baptism by Fire"	Girl Next Door	Girl Next Door	Celebrity Plastic Surgery	E! News (N)	The Daily 10	The Daily 10
FX	(4:00) ★★ "The Green Mile" (1999) Tom Hanks.	★★ "The Day After Tomorrow" (2004, Action) Dennis Quaid, Jake Gyllenhaal, Ian Holm.	★★ "The Day After Tomorrow" (2004, Action) Dennis Quaid, Jake Gyllenhaal, Ian Holm.	★★ "The Day After Tomorrow" (2004, Action) Dennis Quaid, Jake Gyllenhaal, Ian Holm.	Decorating Cents	24 Hour Design	House Hunters	Buy Me	House Hunters	Buy Me	House Worth?	Hidden Potential
HGTV	Look What I Did!	What's-House?	If Walls Could	House Hunters	Designed to Sell	Buy Me	Decorating Cents	24 Hour Design	House Hunters	Buy Me	House Worth?	Hidden Potential
Family	7th Heaven "Holy War"	Smallville "Suspect"	Smallville "Suspect"	★★ "Robin Hood: Men in Tights" (1993) Cary Elwes, Richard Lewis.	Meteors: Fire in the Sky	Major recorded impacts in history; remnants.	Modern Marvels: Bathroom Tech	Decoding the Past (Part 2 of 2)	7th Heaven "Holy War"	Smallville "Suspect"	Smallville "Suspect"	★★ "Robin Hood: Men in Tights" (1993) Cary Elwes, Richard Lewis.
History	Modern Marvels: Bullets	Modern Marvels: Banks	Modern Marvels: Banks	Meteors: Fire in the Sky	Major recorded impacts in history; remnants.	Modern Marvels: Bathroom Tech	Decoding the Past (Part 2 of 2)	Will & Grace	Modern Marvels: Bullets	Modern Marvels: Banks	Modern Marvels: Banks	Meteors: Fire in the Sky
Lifetime	Reba	Reba	Still Standing	Still Standing	Reba	Reba	★★ "Gracie's Choice" (2004, Docudrama)	Anne Heche, Diane Ladd.	Will & Grace	Will & Grace	Will & Grace	Will & Grace
MTV	Exposed	Beauty and the Geek	Beauty and the Geek	The Real World	Punk'd	Scarred (N)	Real World -- Road Rules Challenge	Nick Cannon	Exposed	Beauty and the Geek	Beauty and the Geek	The Real World
NICK	Ned's School	Fairly OddParents	Fairly OddParents	Jimmy Neutron	SpongeBob	Drake & Josh	Funniest Mom in America 3	Roseanne	Ned's School	Fairly OddParents	Fairly OddParents	Jimmy Neutron
SCI FI	Stargate SG-1 "Brief Candle"	Stargate SG-1 "Abyss"	Stargate SG-1 "Abyss"	Stargate SG-1 "Nightwalker"	Stargate SG-1 "Surviving Antarctica"	ECW (Live)	"Crimson Force" (2005)	The Ultimate Fighter	Stargate SG-1 "Brief Candle"	Stargate SG-1 "Abyss"	Stargate SG-1 "Abyss"	Stargate SG-1 "Nightwalker"
SPIKE	CSI: Crime Scene Investigation	CSI: Crime Scene Investigation	CSI: Crime Scene Investigation	CSI: Crime Scene Investigation	UFC Unleashed	Bullrun	The Ultimate Fighter	Sex and the City	CSI: Crime Scene Investigation	CSI: Crime Scene Investigation	CSI: Crime Scene Investigation	CSI: Crime Scene Investigation
TBS	Seinfeld	Seinfeld	Every-Raymond	MLB Baseball Washington Nationals at Atlanta Braves. From Turner Field in Atlanta. (Subject to Blackout)	(Live)	Every-Raymond	Sex and the City	Sex and the City	Seinfeld	Seinfeld	Every-Raymond	MLB Baseball Washington Nationals at Atlanta Braves. From Turner Field in Atlanta. (Subject to Blackout)
TLC	Flip That House	Flip That House	Miami Ink	Friends open a shop.	Miami Ink	Hawaii	Miami Ink	Punk rock band.	Flip That House	Flip That House	Miami Ink	Friends open a shop.
TNT	Law & Order "Compassion"	Law & Order "House of Cards"	★★ "The Recruit" (2003) Al Pacino. A CIA rookie must ferret out a mole within the agency.	★★ "The Recruit" (2003) Al Pacino. A CIA rookie must ferret out a mole within the agency.	★★ "The Recruit" (2003) Al Pacino. A CIA rookie must ferret out a mole within the agency.	★★ "The Recruit" (2003) Al Pacino. A CIA rookie must ferret out a mole within the agency.	★★ "The Recruit" (2003) Al Pacino. A CIA rookie must ferret out a mole within the agency.	★★ "The Recruit" (2003) Al Pacino. A CIA rookie must ferret out a mole within the agency.	Law & Order "Compassion"	Law & Order "House of Cards"	★★ "The Recruit" (2003) Al Pacino. A CIA rookie must ferret out a mole within the agency.	★★ "The Recruit" (2003) Al Pacino. A CIA rookie must ferret out a mole within the agency.
USA	Law & Order: Special Victims Unit	Law & Order: Criminal Intent	Law & Order: Criminal Intent	Law & Order: Criminal Intent	Law & Order: Special Victims Unit	★★ "How to Lose a Guy in 10 Days" (2003) Kate Hudson, Matthew McConaughey.	Law Order: CI	Size Matters	Law & Order: Special Victims Unit	Law & Order: Criminal Intent	Law & Order: Criminal Intent	Law & Order: Criminal Intent
VH1	I Love New York Finalists.	Celebrity Eye Candy	Celebrity Eye Candy	Celebrity Eye Candy	Size Matters	Celebrity physiques.	Lindsay's Shocking Moments	Size Matters	I Love New York Finalists.	Celebrity Eye Candy	Celebrity Eye Candy	Celebrity Eye Candy
SPANISH	TELEM Daniela	Noti-Telemundo	Dame Chocolate	Marina	Zorro - La Espada y la Rosa	Decisiones	Noti-Telemundo	12 Corazones	TELEM Daniela	Noti-Telemundo	Dame Chocolate	Marina
UNIV	Que Locura	Noticiero Univ	Duelo de Pasiones	La Fea Más Bella (N)	Destilando Amor	Nuestra Belleza Latina	Primer Impacto	Noticiero Univ.	Que Locura	Noticiero Univ	Duelo de Pasiones	La Fea Más Bella (N)
SPORTS	ESPN SportsCenter (Live)	NFL Live	SportsCenter Special (Live)	U.S. Poker Championship (Taped)	Baseball Tonight (Live)	SportsCenter (Live)	Who's Number 1?	Final Score	ESPN SportsCenter (Live)	NFL Live	SportsCenter Special (Live)	U.S. Poker Championship (Taped)
ESPN2	Gearz	NASCAR Now	NBA Stories (N)	Who's Number 1?	NBA Coast-to-Coast (Live)	Who's Number 1?	Who's Number 1?	Final Score	Gearz	NASCAR Now	NBA Stories (N)	Who's Number 1?
CSN	Washington	SportsNite	NBA Basketball New Jersey Nets at Washington Wizards. (Live)	Wizards Post.	SportsNite (Live)	ACC All-Access	Final Score	Final Score	Washington	SportsNite	NBA Basketball New Jersey Nets at Washington Wizards. (Live)	Wizards Post.
NEWS	CNN Lou Dobbs Tonight	The Situation Room	Paula Zahn Now	Larry King Live	Anderson Cooper 360	Anderson Cooper 360	On the Record-Van Susteren	The O'Reilly Factor	CNN Lou Dobbs Tonight	The Situation Room	Paula Zahn Now	Larry King Live
FNC	Special Report (Live)	The Fox Report With Shepard Smith	The O'Reilly Factor (Live)	Hannity & Colmes (Live)	On the Record-Van Susteren	The O'Reilly Factor	Wild Bill: Breaking and Entering (N)	Wild Bill: Breaking and Entering (N)	Special Report (Live)	The Fox Report With Shepard Smith	The O'Reilly Factor (Live)	Hannity & Colmes (Live)
MSNBC	Tucker	Hardball	Countdown With Keith Olbermann	Scarborough Country	Killer Instinct (N)	Wild Bill: Breaking and Entering (N)	Wild Bill: Breaking and Entering (N)	Wild Bill: Breaking and Entering (N)	Tucker	Hardball	Countdown With Keith Olbermann	Scarborough Country
MOVIES	AMC (5:30) ★★ "Cool Hand Luke" (1967, Drama) Paul Newman. 'GP'	★★★ "Rebel Without a Cause" (1955, Drama) James Dean, Natalie Wood, Sal Mineo. 'PG-13'	★★★ "Rebel Without a Cause" (1955, Drama) James Dean, Natalie Wood, Sal Mineo. 'PG-13'	★★★ "Rebel Without a Cause" (1955, Drama) James Dean, Natalie Wood, Sal Mineo. 'PG-13'	★★★ "Rebel Without a Cause" (1955, Drama) James Dean, Natalie Wood, Sal Mineo. 'PG-13'	★★★ "Rebel Without a Cause" (1955, Drama) James Dean, Natalie Wood, Sal Mineo. 'PG-13'	★★★ "Rebel Without a Cause" (1955, Drama) James Dean, Natalie Wood, Sal Mineo. 'PG-13'	★★★ "Rebel Without a Cause" (1955, Drama) James Dean, Natalie Wood, Sal Mineo. 'PG-13'	AMC (5:30) ★★ "Cool Hand Luke" (1967, Drama) Paul Newman. 'GP'	★★★ "Rebel Without a Cause" (1955, Drama) James Dean, Natalie Wood, Sal Mineo. 'PG-13'	★★★ "Rebel Without a Cause" (1955, Drama) James Dean, Natalie Wood, Sal Mineo. 'PG-13'	★★★ "Rebel Without a Cause" (1955, Drama) James Dean, Natalie Wood, Sal Mineo. 'PG-13'
TCM	★★★ "Living It Up" (1954, Comedy) Dean Martin, Jerry Lewis. 'NR'	★★★ "The Lady From Shanghai" (1948) Rita Hayworth.	★★★ "Cover Girl" (1944, Musical Comedy) Rita Hayworth, Gene Kelly. 'NR'	You'll Never	You'll Never	You'll Never	You'll Never	You'll Never	★★★ "Living It Up" (1954, Comedy) Dean Martin, Jerry Lewis. 'NR'	★★★ "The Lady From Shanghai" (1948) Rita Hayworth.	★★★ "Cover Girl" (1944, Musical Comedy) Rita Hayworth, Gene Kelly. 'NR'	You'll Never
HBO	(5:00) ★★ "Take the Lead" (2006)	(:15) ★★ "Rumor Has It..." (2005) Jennifer Aniston. 'PG-13'	Jerry Seinfeld: The Comedian Award	The Sopranos	Entourage	Bad Boys Com.	Bad Boys Com.	Bad Boys Com.	(5:00) ★★ "Take the Lead" (2006)	(:15) ★★ "Rumor Has It..." (2005) Jennifer Aniston. 'PG-13'	Jerry Seinfeld: The Comedian Award	The Sopranos
MAX	(5:45) ★★ "Munich" (2005, Suspense) Eric Bana, Daniel Craig, Geoffrey Rush. 'R'	★★ "Date Movie" (2006) Alyson Hannigan. 'PG-13'	★★ "The Sentinel" (2006, Suspense) Michael Douglas. 'PG-13'	★★ "The Sentinel" (2006, Suspense) Michael Douglas. 'PG-13'	★★ "The Sentinel" (2006, Suspense) Michael Douglas. 'PG-13'	★★ "The Sentinel" (2006, Suspense) Michael Douglas. 'PG-13'	★★ "The Sentinel" (2006, Suspense) Michael Douglas. 'PG-13'	★★ "The Sentinel" (2006, Suspense) Michael Douglas. 'PG-13'	(5:45) ★★ "Munich" (2005, Suspense) Eric Bana, Daniel Craig, Geoffrey Rush. 'R'	★★ "Date Movie" (2006) Alyson Hannigan. 'PG-13'	★★ "The Sentinel" (2006, Suspense) Michael Douglas. 'PG-13'	★★ "The Sentinel" (2006, Suspense) Michael Douglas. 'PG-13'
SHOW	(5:00) ★★ "Happy Endings" (2005) Tom Arnold. 'R'	(:25) ★★ "The Pink Panther" (2006) Steve Martin. 'PG'	The Tudors "Episode 2" (ITV)	This Am. Life	Penn & Teller	★★ "Edmond" (2005, Drama) 'R'	Diary-Black	Diary-Black	(5:00) ★★ "Happy Endings" (2005) Tom Arnold. 'R'	(:25) ★★ "The Pink Panther" (2006) Steve Martin. 'PG'	The Tudors "Episode 2" (ITV)	This Am. Life
TMC	★★ "The Slaughter Rule" (2002, Drama) Ryan Gosling. 'R'	★★ "Amos & Andrew" (1993) Nicolas Cage. 'PG-13'	(:45) ★★ "The Big White" (2005, Comedy) Robin Williams. 'R'	★★ "The Big White" (2005, Comedy) Robin Williams. 'R'	★★ "The Big White" (2005, Comedy) Robin Williams. 'R'	★★ "The Big White" (2005, Comedy) Robin Williams. 'R'	★★ "The Big White" (2005, Comedy) Robin Williams. 'R'	★★ "The Big White" (2005, Comedy) Robin Williams. 'R'	★★ "The Slaughter Rule" (2002, Drama) Ryan Gosling. 'R'	★★ "Amos & Andrew" (1993) Nicolas Cage. 'PG-13'	(:45) ★★ "The Big White" (2005, Comedy) Robin Williams. 'R'	★★ "The Big White" (2005, Comedy) Robin Williams. 'R'
STARZ!	(5:15) ★★ "The Parent Trap" (1998) Lindsay Lohan.	★★ "Deuce Bigalow: European Gigolo" (2005) 'R'	★★ "Click" (2006, Comedy) Adam Sandler, Kate Beckinsale. 'PG-13'	(10:50) ★★ "Hitch" (2005) 'PG-13'	(10:50) ★★ "Hitch" (2005) 'PG-13'	(10:50) ★★ "Hitch" (2005) 'PG-13'	(10:50) ★★ "Hitch" (2005) 'PG-13'	(10:50) ★★ "Hitch" (2005) 'PG-13'	(5:15) ★★ "The Parent Trap" (1998) Lindsay Lohan.	★★ "Deuce Bigalow: European Gigolo" (2005) 'R'	★★ "Click" (2006, Comedy) Adam Sandler, Kate Beckinsale. 'PG-13'	(10:50) ★★ "Hitch" (2005) 'PG-13'
ENCORE	(:15) ★★ "It Takes Two" (1995, Comedy) Kirstie Alley. 'PG'	★★ "The Flintstones" (1994) John Goodman. 'PG'	(:35) ★★ "Mad Dog and Glory" (1993) Robert De Niro.	(:15) ★★ "Layer Cake" (2004) 'R'	(:15) ★★ "Layer Cake" (2004) 'R'	(:15) ★★ "Layer Cake" (2004) 'R'	(:15) ★★ "Layer Cake" (2004) 'R'	(:15) ★★ "Layer Cake" (2004) 'R'	(:15) ★★ "It Takes Two" (1995, Comedy) Kirstie Alley. 'PG'	★★ "The Flintstones" (1994) John Goodman. 'PG'	(:35) ★★ "Mad Dog and Glory" (1993) Robert De Niro.	(:15) ★★ "Layer Cake" (2004) 'R'

ASTHMA?

If you have **needed prednisone** for asthma in the past year you may qualify for a 12 week research study of an investigational inhaled medication for moderate-severe asthma. Compensation offered to qualified participants.

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THE INSTITUTE FOR ASTHMA AND ALLERGY, PC. | WHEATON, MARYLAND
Martha White, MD, Michael Kaliner, MD, Athena Economides, MD, Henry Li, MD, PhD and Mark Scarupa, MD

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AGES 15 AND OVER. STUDY LENGTH 5-6 WEEKS.
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VOLUNTEERS NEEDED

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- **Ages 18 to 45**
- **In good health**
- **Not engaged in high risk behaviors**

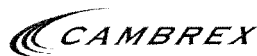
Confidential interview and screening provided at our convenient Gaithersburg, MD office.
Donations occur at our Bethesda, MD office by board certified physicians.

Both locations are accessible by MetroRail and Metro Ride-On.

FINANCIAL COMPENSATION PROVIDED

For more information, or to schedule an appointment:

TOLL FREE: (888) 926-9211
EMAIL: donorinfo@cambrex.com



AD BONE MARROW 11/05

It's 4:19.....GOT A MINUTE?

Then call about participating in a research study!

You may be eligible if:

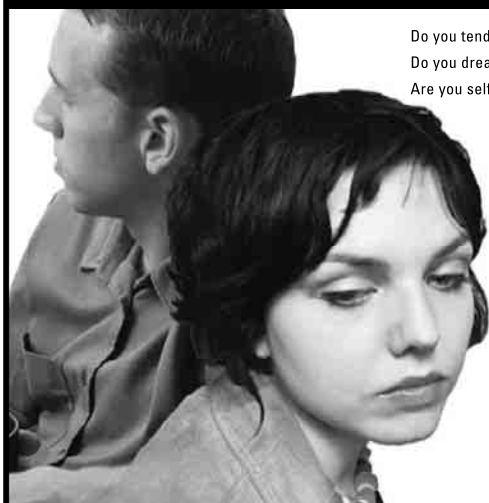
- You currently use marijuana and have used marijuana at least one year
- Are between the ages 18-45

Studies will be conducted in the Clinical Pharmacology Unit of a research facility in Bethesda, MD.

CALL 1-866-750-2165 FOR MORE INFORMATION

All information is confidential!!

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Do you dread speaking in public?
Are you self conscious in front of others?

You may be suffering from SOCIAL ANXIETY

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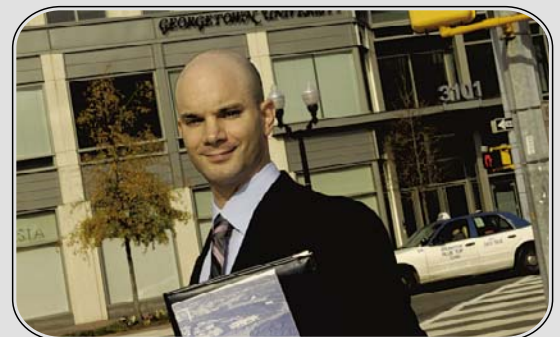
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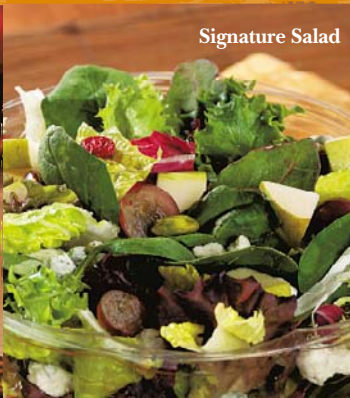
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BROKEN DREAMS: Mike Hampton will have surgery on his left elbow on Tuesday in New York, and the \$121 million Atlanta Braves pitcher will miss his second straight season. Hampton, 34, was diagnosed with a torn flexor tendon in the elbow.



Sports

Nats Trudge Through First Week

Team's 1-6 record only begins to tell the story of historically bad start

NATIONALS | Plenty of teams end disappointing seasons and say, "We'll get 'em next year!" The way the Washington Nationals have started 2007, they're essentially telling the world, "We'll get 'em in a few years!"

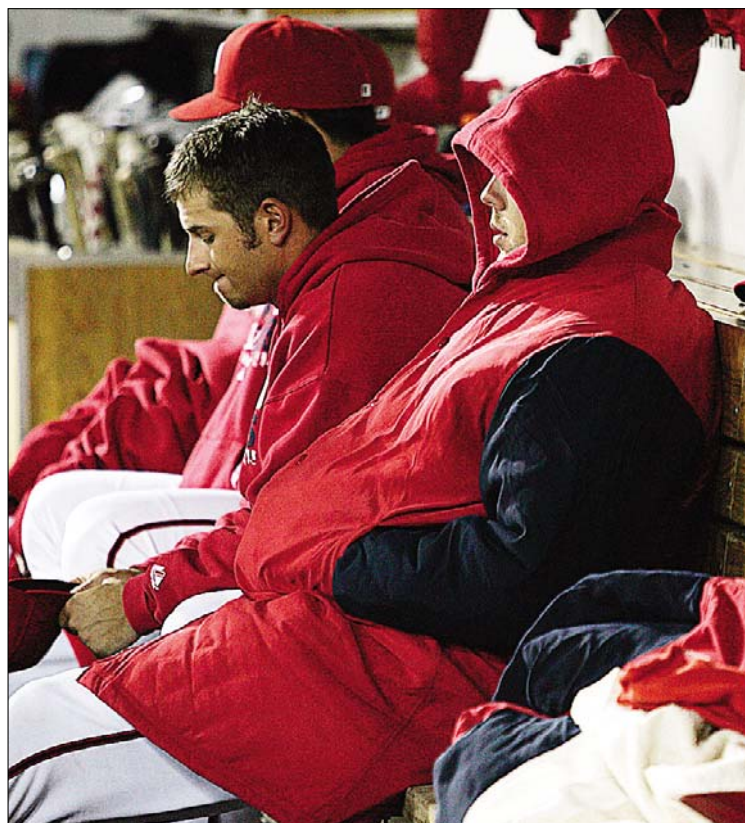
It's not only that the Nationals went 1-6 in the first week. It's how they did it: At no point this season when a pitch was thrown has Washington led a game.

"The way things have been going for us right now," right-hander John Patterson said, "you don't want to just go, 'Oh, no, here we go again.' We can't do that."

Washington has been outscored 45-18, and the only time the Nationals were ahead came when the final run crossed the plate in a three-run bottom of the ninth Wednesday for a 7-6 comeback victory over Florida.

"We're not the only team that has started with one win in the first week of the season. Everybody goes through those stretches," first-year manager Manny Acta said. "We're going to reel off a few wins, too."

Washington's cobbled-together rotation was expected to have problems and has — the starters are 0-6



FROZEN OUT: Ryan Church, center, sits with a few of his teammates on the Nationals' bench during Friday's loss to Arizona. Washington is 1-6 after the first week.

WASHINGTON	AT ATLANTA		
1	2	3	4
APRIL 10 7:35 P.M. MASN2	APRIL 11 7:35 P.M. MASN2	APRIL 12 7:35 P.M. MASN2	APRIL 13 7:10 P.M. Ch. 20

with an NL-worst 7.15 ERA. But the problems are everywhere.

The offense scored a total of three runs Friday to Sunday while going through an 0-for-30 drought with runners in scoring position. The Nationals managed one hit and zero runs through eight innings Fri-

SLOW START

After a difficult first week, the Nats are near the worst in baseball in a variety of categories:

- No team has committed more errors than Washington's eight.
- The Nationals haven't even attempted to steal a base; Opposing teams are 7-for-7.
- Since 1900, no team has trailed 4-0 in each of its first six games until the Nationals.
- Washington has been outscored 13-0 in first innings and 22-0 in innings 1 through 3.
- The Nats have a team batting average of .245 and their opponents are batting .364.

day, six hits and zero runs through five innings Saturday, and zero hits through 5 2/3 innings Sunday.

Rarely are teams thrilled about playing on the road, but Acta smiled when asked about this silver lining: For the next six games, at Atlanta and the New York Mets, the Nationals get to bat first and therefore have a chance to score first for a change.

"That's a good way to look at it," Acta said. "Because at home, it seems like every time we come to the plate, we've been trailing. So now we'll be able to hit before we're trailing, at least."

HOWARD FENDRICH (AP)

Swengali

GOLF | BY MATT SWENSON

Tiger's Resume Still Immaculate

TIGER WOODS LOST. So he is human after all.

That is about all anyone can take away from this year's Masters.

The notion that the greatest golfer of his generation — and perhaps all time — somehow damaged his legacy by placing second at Augusta is silly.

It is true that Woods has yet to come from behind on a Sunday to win a Major, the only blight on his impressive resume.

And while this weekend may have been his best chance yet to erase that stat, it's not like Woods choked.

Any criticism received the days after the Masters is strictly a case of the unbelievably high expectations placed on Woods.

He wins almost all the time. Note the word almost.

Sunday just wasn't his day. When was the last time you remember

He wins almost all the time. Note the word almost. Sunday just wasn't his day.

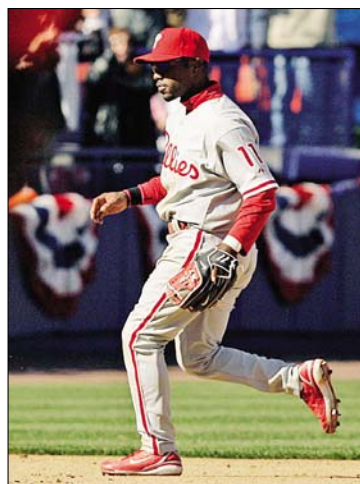
Phillies, Rollins Trounced by Mets

Fans delight over the shortstop's failures in 11-5 loss at New York

BASEBALL | Jimmy Rollins has quickly become a favorite target for New York Mets fans.

After boasting about his team in spring training, Philadelphia's All-Star shortstop made a key error Monday as New York rallied for seven runs in the eighth inning to beat the Phillies 11-5 in its home opener.

Carlos Delgado had three hits and two RBIs for the Mets, who overcame Ryan Howard's three-



SS Jimmy Rollins chases a ball after committing an error in the eighth inning.

run homer and roughed up Philadelphia's shaky bullpen.

The struggling Phillies dropped to 1-6, a disappointing start for a team with title aspirations.

Rollins was vocal about that in spring training, saying Philadelphia was the team to beat in the NL East even though the Mets won the division by 12 games last season.

So fans took particular delight in Rollins' failures Monday — he grounded into a double play with the bases loaded to end the fourth and booted a grounder in the eighth that helped New York break the game open.

MIKE FITZPATRICK (AP)

New Cubs Start Slow at Home

BASEBALL | The Cubs' home opener featured a new manager and big star, a hefty payroll and high expectations. The results? Pretty much the same old stuff.

Adam Everett hit a two-run homer off Bob Howry in the eighth inning to lead the Houston Astros over Chicago 5-3 Monday in the Wrigley Field home debuts of manager Lou Piniella and center fielder Alfonso Soriano.

Everett, who had six homers last season, connected on a 3-2 pitch from Howry (0-2), who'd given up a leadoff double to Morgan Ensberg.

RICK GANO (AP)

one of Woods' shots landing in the water?

Even still, Woods stayed in contention all day — and enlivened a dead tournament with his eagle on the 13th hole.

A couple of Woods' blown birdie attempts later, Zach Johnson was the champion.

Good for Johnson for standing up to the king of golf and living to tell his story.

Praise should be heaped on the unknown victor, not doubts cast upon the favorite for coming in second at one of the hardest tournaments in the world.



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Sports



IN THE ZONE: Pitcher Daniel Cabrera allowed two runs in 7 2/3 innings to help the Orioles beat the Tigers 6-2 in Baltimore. Cabrera struck out five and walked none.

Cabrera Is Strong In Home Opener

O's play in Baltimore a week later than usual, but get good results

ORIOLES | One week later, the Baltimore Orioles presented their fans with an opener that was well worth the wait.

Daniel Cabrera allowed two runs in 7 2/3 innings, Kevin Millar homered in a four-run third, and Baltimore began the home portion of its schedule by defeating the Detroit Tigers 6-2 Monday.

Melvin Mora had two hits, scored a run and drove in one for the Orioles, who have won three of four after an 0-3 start. Brian Roberts, who came in batting .136 (3-for-22), went 2-for-4 and scored twice.

Cabrera (1-1) gave up seven hits

and struck out five. He walked none — a significant statistic given that he led the AL with 104 walks in 2006. He's 3-0 in five career starts against Detroit.

Baltimore hadn't opened on the road in a year without a work stoppage since 1978, but the arrival of the Washington Nationals changed that tradition. So, seven days later than usual, a sellout crowd of 48,159 showed up at Camden Yards to watch the Orioles don their white uniforms for the first time.

The fun began soon after former Oriole great Cal Ripken Jr., threw out the ceremonial first pitch. Cabrera retired the side in order in the first inning, and although Detroit went up 1-0 in the second, Baltimore took control in the third against Chad Durbin (0-1).

DAVID GINSBURG (AP)

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TODAY'S TV LINEUP

NATIONALS (7:35 P.M. ON MASN2) The Nationals leave the friendly confines of RFK for a road game against the Braves.

WIZARDS (7 P.M. ON COMCAST) Still looking for that elusive win to clinch a playoff spot, the Wizard host the New Jersey Nets.

ORIOLES (7 P.M. ON MASN) Baltimore hosts the AL champion Detroit Tigers in the second game of a three-game series.

SOCCER (2:30 P.M. ON ESPN2 AND 5 P.M. ON ESPN CLASSIC) The playoffs of UEFA Champions League continue with two quarterfinal matches.

SEEING CIRCLES: Azerbaijan wants to host the 2016 Summer Olympics, President Ilham Aliyev said. "Today the country's sports potential and the growing economic might of Azerbaijan allows us to do [this]," said Aliyev. Azerbaijan has built 11 Olympic-grade sports facilities since 2000 and is building or planning 14 more.



Sports

Wiz Can Clinch vs. Inconsistent Nets

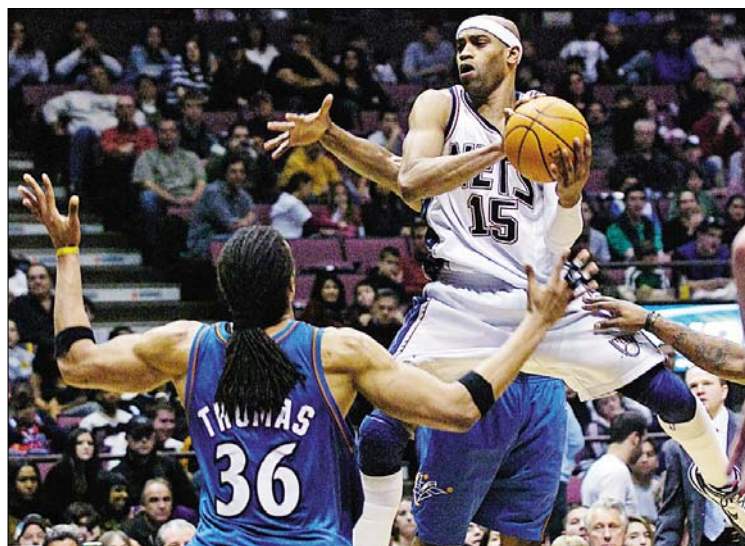
Team has struggled without stars but is a win away from playoffs

WIZARDS | Jason Kidd said it best after the New Jersey Nets pulled out a 120-114 overtime win over the Washington Wizards at Continental Airlines Arena Saturday night.

"We tend to make things difficult for ourselves," Kidd said.

Though Washington was playing without all stars Gilbert Arenas and Caron Butler and despite triple-doubles from Kidd and Vince Carter, the Nets had to go the distance before shaking free of the Wizards, whose lead over the New Jersey is down to three games heading into Tuesday's rematch at Verizon Center.

The Wizards (39-37) can clinch a third straight playoff appearance with a win or an Indiana loss to Philadelphia while the Nets (36-40)



Vince Carter, top, and the Nets beat the Wizards 120-114 in overtime on Saturday night in New Jersey. The Wizards haven't won since losing guard Gilbert Arenas.

can take one step closer to catching the sixth-seeded Wizards.

Both teams have six games remaining but the Wizards play at Miami Wednesday night, host play-

off-bound Chicago on Sunday and also have a game remaining with eighth-seeded Orlando.

The Wizards have lost four straights and five of their last six,

but they have been competitive since a 122-102 loss at Charlotte last Tuesday. The problem is that the losing is beginning to take a toll on what has been one of the most fun locker rooms in the league.

Arenas's free-spirited approach to basketball and life helped create an atmosphere of looseness that has recently been replaced by tension.

"I think we're putting too much pressure on ourselves," guard DeShawn Stevenson said. "You can tell by the atmosphere. It's pretty tight right now, and it's going to be like that until we get a win."

Jordan has stressed that his team should not get caught up worrying about the playoff picture and the potential impact each game's outcome will have on the standings.

"Right now, it's about playing possession to possession," he said. "You get too far ahead of yourself and you lose your focus."

IVAN CARTER (THE WASHINGTON POST)

Former UCLA Coach Wooden Is Hospitalized

COLLEGE HOOPS | Former UCLA basketball coach John Wooden has been hospitalized for treatment of a possible recurrence of diverticulitis.

Daughter Nancy Muehlhausen said the 96-year-old Hall of Fame coach was admitted to a Los Angeles-area hospital Sunday because of bleeding in the colon.

"He's absolutely doing fine," Muehlhausen said Monday. "He's laughing and cracking jokes. He looks good."

Wooden had two blood transfusions and will need at least two more, she said. Doctors could keep Wooden in the hospital for a couple of more days. GREG RISLING (AP)



Wooden

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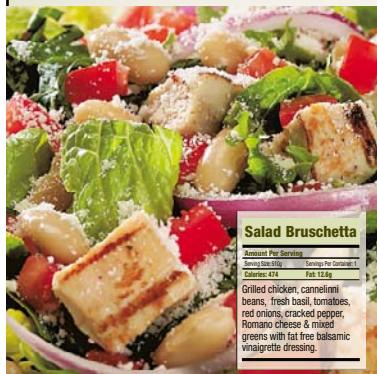
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Amount Per Serving
Serving Size 4oz
Calories 293
Fat 14g
Tenderloin chicken, cucumbers,
carrots, green onions & mixed
greens with lowfat pomegranate
vinaigrette, dusted with fennel
seeds.



Spring Wheat Salad

Amount Per Serving
Serving Size 4oz
Calories 488
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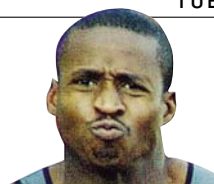
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FALSE START: Tim Montgomery, once considered the fastest man on Earth until his record was erased in the BALCO steroid scandal, pleaded guilty to conspiracy in a multimillion-dollar bank fraud and money-laundering scheme. Montgomery's plea deal doesn't require him to testify against co-defendants.



Sports

BASEBALL | DEEP FREEZE



TONY DEJAK/AP

ON THE MOVE: The Indians ground crew clears Jacob Field of snow on Monday. After snow wiped out Cleveland's series against Seattle, the Indians will move their next home series, against the Angels, to Milwaukee.

Crosby Gets His Next Test

The Penguins' young star led his team to the playoffs — can he win?

HOCKEY PLAYOFFS | Mario Lemieux didn't win a scoring title until his fourth NHL season and, despite his enormous talent and on-ice presence, couldn't lead the Pittsburgh Penguins into the playoffs until his fifth season.

Sidney Crosby did both in his second season. At age 19.

The NHL hasn't seen anything like this since a 19-year-old Wayne Gretzky's first NHL season with the Edmonton Oilers in 1979-80 — a teenager being greatly responsible for carrying his team into the post-season.

Crosby did exactly that with his 120-point season, one that left him six points ahead of San Jose's Joe Thornton and secured his first Art Ross Trophy as the NHL scoring leader. There aren't many in the NHL predicting it will be his last.



GENE J. PUSKAS/AP

Sidney Crosby finished with 120 points in just his second season in the NHL.

Still, the most impressive statistic of Crosby's sophomore season wasn't his point total, which represented an 18-point increase from his rookie year, but this one: the Penguins' 47-24-11 record.

The Penguins' 105 points were the second most in franchise history,

and bettered the point totals of their Stanley Cup-winning teams in 1991 and 1992. The 47-point improvement from a season ago, when they had a 22-46-14 record, and was the fourth best in NHL history. Their 47 victories were two more than they had in their previous two seasons combined.

"The goal [when the season started] was just to get into the playoffs and, all of a sudden, we were fighting for home ice the whole second half," defenseman Ryan Whitney said. "So I don't think anyone can say anything less than it was a great season."

Now, the question going into the Penguins' first playoff series in six years, or since Lemieux's comeback season in 2000-01, is how could good it will be. The fifth-seeded Penguins open the playoffs Wednesday night in Ottawa against a team they've never met in the postseason.

"You work all season to get to this point," Crosby said. "Now it's time to get going." ALAN ROBINSON (AP)

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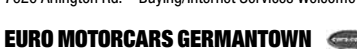
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Sports

16.20

The ERA of Astros reliever Brad Lidge when he was demoted from closer before Houston's game on Monday. Dan Wheeler will take over the closer duties.

A High Honor for Robinson

'Pioneer' coach is fifth person to lie in repose at La.'s state Capitol

APPRECIATION | Thousands of mourners passed the open casket of Eddie Robinson on Monday in the Louisiana Capitol, where the famed Grambling State football coach viewed the body of slain political titan Huey Long more than 70 years ago.

Robinson, who endured the indignities of the Jim Crow era while building tiny and predominantly black Grambling into a football power, died last week at 88. His body was carried up a long stretch of granite steps by a group of former players, including former Super Bowl MVP Doug Williams, and passed between a long line of white-gloved ex-players.

Doris Robinson, Robinson's wife of 67 years, sat beside the open coffin during a private morning memorial service for players and coaches. She placed a football in the coffin



Former player Doug Williams, left, speaks during a ceremony for Eddie Robinson.

and rested her hand on Robinson's head.

An abbreviated version of the renowned Grambling band played the national anthem after the casket was placed at one end of Memorial Hall, the two-story, marble- and bronze-trimmed space between the Capitol's House and Senate chambers.

Robinson is believed to be just the fifth person to lie in repose at the Capitol. Others include Long, the former governor and senator, and his brother, Earl, also a former governor.

Gov. Kathleen Blanco called Robinson a "true American hero ... and one of the greatest civil rights pioneers in our history." (AP)



**ASK
BETSY**
About Student Loans

This column, contributed by American Student Assistance*, a non-profit that provides student loan borrowers with the education and encouragement they need to successfully manage their debt, is published in the Express each month. You can "ask Betsy" questions about applying for student loans, repaying your loans, or what to do if you're having trouble paying your loans back. E-mail your questions to askbetsydc@amsa.com.

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Student Loan Interest Deduction

Dear Betsy,
Can I deduct my student loans on my taxes?

Thanks,
Marla

Dear Marla,
There are indeed various possible deductions that you may be able to claim on this year's tax return. Before we get started though, it's important to remember that the items below may not apply to everyone and you should always seek the advice of a professional prior to claiming these deductions. But here are some things to ask about.

One of the most common deductions is the for student loan interest paid during the applicable tax year. If you have a student loan in your name that was taken out for either yourself, your spouse, or a dependant, you may be able to claim up to \$2,500 of the interest you paid towards that loan during 2006. If your adjusted gross income (AGI) is greater than \$50,000, your deduction amount will be reduced, and, if it's \$65,000 or more, it will be eliminated altogether. (These amounts change to \$100,000 and \$130,000 respectively for a married couple filing a joint

return). If you paid \$600 or more in interest over the last year, your student loan holder should be sending you Form 1098-E, which gives you the total amount of interest paid. If not, most loan holders have a phone number or Web site that will give you this information.

You also may be able to claim up to \$3,000 in "qualified" education expenses you've paid for higher education during the applicable tax year. This includes tuition and fees required for enrollment at an eligible institute of higher education for yourself, your spouse or your dependant. The AGI maximum for this deduction is also \$65,000 (\$130,000 for those filing jointly), and you may not claim any tax-free monies (such as most scholarships) paid towards these expenses.

There are several other education deductions and credits that may be available to you such as the Hope Credit and the Lifetime Learning Credit. You can find out more information about these and the deductions mentioned above in Publication 970 which can be found at www.irs.gov.

Good luck!
-Betsy

Lower Interest Rate

Dear Betsy,
I just went through my exit interview for my loans at school and the woman there said something about getting a lower interest rate for paying my loans on time. Is this true?

Sincerely,
Cassie

Dear Cassie,
Some student loan lenders and servicers do offer an incentive for paying your student loans on time. The program I've seen most frequently states that if you make your first 24 or 48 payments on time, the interest rate on your loan will be reduced anywhere from one to two percent for the rest of the life of loan. Other options I've seen reduce your interest rate up to one quarter of a percent just for allowing them to deduct your payments directly from your bank account every month.

Give your loan holder a call or look up their Web site to see if they offer these programs and if so, how you would apply for them.

Good luck!
-Betsy



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Basic Qualifications:
Incumbent must be proficient in the MS Office Suite (Word, Excel, Power Point, Access, Visio). Experience working with Outlook/Exchange. Ability to communicate effectively both verbally and in writing. Excellent organizational and time management skills are essential. Must be self-motivated and detail oriented. A high school diploma or the equivalent is required. At least one to two years of experience as an Administrative Assistant in a team environment. Must be willing to work collaboratively in a team environment, and have positive customer-service orientation. Learns quickly when facing new challenges. Ability to interact well and relate with people at all levels of the organization. Have an understanding of how people and organizations function. Incumbent must be able to multi-task and work in a fast-paced and rapidly changing environment. This incumbent must possess strong accountability, integrity, respect, and teamwork.

Please fax resume to (703) 239-1454.

Maintenance

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Medical

RN-UROLOGY

Urology grp of 22 phys seek RN to perform urodynamic tests in Reston-Alex offices. Extensive training provided in Reston ofc. Long term commitment required, competitive sal/benies. E-mail resume with cover letter to jlaurology@covad.net

MEDICAL STAFF — Temp and Temp-to-perm in VA/MD/DC Drs ofcs. Lkg for exp'd Med Assts, Receipts, Billers. Fax MSA 703-921-3861.

Mental Retardation

RESIDENTIAL MANAGER
Manage & supervise residential homes. Responsible for oversee all aspects of direct care. BS Degree w/2 yrs DD exp or 4 yrs DD exp w/2 yrs supervisory. Must have good driving record & valid drivers lic. Fax resume w/cover letter to P Sastoque 301-918-9758 or email jstout@sfinc.org **EOE**

Nurse

Come Home to work with JSSA Hospice

We are looking for a dynamic Nurse with exc. organizational skills to head our intake department. JSSA Hospice is a 20-year-old non-sectarian home-based hospice program has a reputation for it's clinical excellence; its intimate, cohesive staff, &it's focus on high-quality holistic care. This F/T salaried position is well compensated and benefited. Maryland RN lic. req'd. Hospice or home health exp. preferred. Send cover letter & resume to: JSSA, 6123 Montrose Rd, Rockv, MD 20852, Attn: HR; fax: 301-770-0901; e-mail hr@jssa.org, or call Joyce Sexton @301-816-2651. EOE

OFFICE MANAGER

Cunningham I Quill Architects seeks FT OM w/ 5 years exp. to oversee 30 person Gtown office. Tasks incl. AP, AR, PR, HR, phones, supplies, etc. Analytical skills & QB req. Timeslips exp. a plus. Excel. salary & benefs. Please Email: cqa@cunninghamquill.com or Mail: 1054 31st St. NW, Ste 315, WDC 20007

Painters — needed. Tools, trans req'd. 301-292-2099

Paralegal - Lending & Business Transactions; Corporate

Growing Arlington Law Firm seeks paralegal with lending, real estate & business transaction experience; corporate experience helpful. Experience drafting and editing complex transactional and real estate documents required. Bachelor's Degree and 3 years of law firm or legal department experience required or Master's Degree and 1 year of law firm or legal department experience required. Please fax or e-mail resumes and salary requirements to Bean, Kinney & Korman, P.C. c/o Nidia Coton at 703-525-2207 or ncoton@beankinney.com.

Paralegal - Litigation

Growing Arlington Law Firm seeks paralegal to handle discovery and all aspects of trial preparation. Must be extremely organized and possess a Bachelor's Degree and 3 years of law firm or legal department experience or Master's Degree and 1 year of law firm or legal department experience. Please fax or e-mail resumes and salary requirements to Bean, Kinney & Korman, P.C. c/o Nidia Coton at 703-525-2207 or ncoton@beankinney.com.

Property Management

MAINTENANCE TECH

Exp'd Maintenance Tech for 400+ unit high-rise apartment community in S. Arlington. Position requires proficiency in plumbing & electrical repairs, as well as general building & apartment maintenance. Must have own tools, transportation & valid VA drivers license. Excellent benefits & pay. Commensurate with exp. Please fax resume to 703-578-9325 attn: Property Manager

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Investment Property Company is seeking a full-time **LEASING** professional to work in Arlington, VA. The applicant must be upbeat, outgoing, professional in both appearance and attitude, possess superior customer service skills and strong marketing abilities. The ideal candidate should be able to work well as part of the management team and communicate well with the residents. Applicant must be able to work a flexible schedule to include week-ends. Please contact Ernie Caluori at 703-525-4044 or email ecaluori@vanmetrecompanies.com

Real Estate Appraiser

Licensed in MD/DC. Fax resume to 301-476-7615 or email to: maagmd2@comcast.net

RECEPTIONIST
Bilingual Spanish/English

Busy Silver Spring law firm, 3 blocks from metro, seeks bilingual Span/Eng Receptionist w/min 2 yrs receptionist exper. Excellent pay and benefits. Fax resume to 301-495-8815. For more info, see www.markskatz.com

RESTAURANT
Busy seafood restaurant of Dupont Circle seeks Sous Chef/Chef de Partie and Waiter w/some knowledge of wine. Please fax resume to 202-466-8302 or Call 202-466-3474

Restaurant

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Serious inquiries. Call 301-277-0299

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The leaders we seek will motivate and oversee the performance of 8-10 Research Associates in an outbound calling, pay-for-performance environment. You will also ensure the quality of information for market-specific service products (Property, Commercial MLS, COMPS, Connect and Retail listings) • assume reporting and statistical analysis • and develop relationships with brokers, owners, developers, etc. Requirements include a Bachelor's degree, MS office skills, and 3-5+ years of exceptional supervisory/production/management experience in a metrics-oriented, production-driven setting.

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- **Account Manager, Property Management (rental community) vertical** - Manage and grow your account list of over 300 clients. Sell across print and online products including apartments.com and Apartment Living. **Job code: PM2/JT**
- **Account Manager, Real Estate vertical.** Consultatively sell print and online advertising solutions to high-profile builder/developer clients. Products include The Good Life and New Homes Now. You are an advanced outside salesperson with success managing a portfolio of local and national accounts. **Job code: RE2/JT**

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JOBS

Sales Account Rep and Sales Support

Surveillance equipment wholesaler in Chantilly has openings for F/T Sales Account Rep & P/T, F/T Sales Support Specialist. Candidates must be detail oriented w/ excellent organizational skills. Proficiency w/ MS Office, Outlook req. Quick Books a +. Please fax resume & salary req. to hr@gssdvr.com.

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PR/National Media Sales

NewsUSA seeks account executives to sell national newspaper and radio PR campaigns. Training and leads provided. Minimum 2 years sales experience and strong computer skills required. Previous media background a plus. \$36K base plus commission and benefits. Email: dtaliford@newsusa.com

Teachers

Infant through pre-K teachers. Near Foggy Bottom Metro. Must have CDA or higher in ECE. Call 202-663-3555 or fax resume to 202-663-3572.

Sales



Sears Home Improvement Products, a national leader in kitchen remodeling, cabinet refacing, vinyl siding, custom windows & doors and heating and cooling products, is looking for Sales Representatives. We offer industry leading benefits, pre-qualified leads, training & incentives and always promote from within! Top performers in this region earned an average of \$124,000*

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Secretary

BILINGUAL SECRETARY

For Hispanic non-profit org. in Alexandria, VA. Must speak Spanish. Good communication skills, organized and have computer knowledge. Fax resume to: 703-998-8997.

SECRETARY/
OFFICE ADMIN. (PT)

For church office in Northern Arlington, Mon-Fri, 9-2. Administer office and provide secretarial support to staff. Good computer skills, pleasant manner & fluency in English req'd. Call 703-524-4115 or email: cvnnt@erols.com.

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PT on-call Security Officers in DC. Exp'd pref'd. Must be 21 yrs plus. Must be able to obtain a DC security license. Apply online at ppssvc.com or fax resume to 301-265-9866

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INSTRUCTORS

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Social Services/Work

PT Live-In Night Manager at SOME: Spvs clients + maint. Dip/GED reqd. Exp w/homeless + addictions. Contact Belinda: bsealey@some.org, 202-797-8806 x1125

Social Work

Department of Juvenile Services is conducting walk-in testing for f/t Case Management Specialist. Starting salary is \$35,564 if hired at Noyes Children's Ctr in Mont. Co, Cheltenham Youth Facility in PG Co, Lower Eastern Shore Children's Ctr in Wicomico Co & J. DeWeese Carter Youth Facility in Kent Co. All other locations, starting salary is \$30,844 Req: BA/BS Degree, no exp.

Testing will be on 4/28/07 at University of Maryland/ Shady Grove-8:30am. For more detailed information go to <http://www.djs.state.md.us>.

TEACHERS

New Christian School located in Temple Hills, MD is seeking highly motivated teachers certified to teach kindergarten and elementary classes. Email resume and salary requirements to Academy@Eagcs.org or fax to (301) 899-0694. (add WP to subject line)

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SOCIAL WORK

Program Coordinator
Jewish Chaplaincy Services

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Knowledge of synagogues and Jewish community organizations, and familiarity with variety of senior living communities required. Excellent communication and interpersonal skills as well as proven ability to network and work collaboratively essential. Demonstrated computer and analytical skills. MSW Required.

Please send resume to JSSA, 6123 Montrose Road, Rockville, MD 20852, Attn: HR E-mail hr@jssa.org or Fax: 301-770-0901.

Social Worker

Boys group home seeks, Managers-MSW a must. Salary negotiable. Fax resume 202-462-7050.

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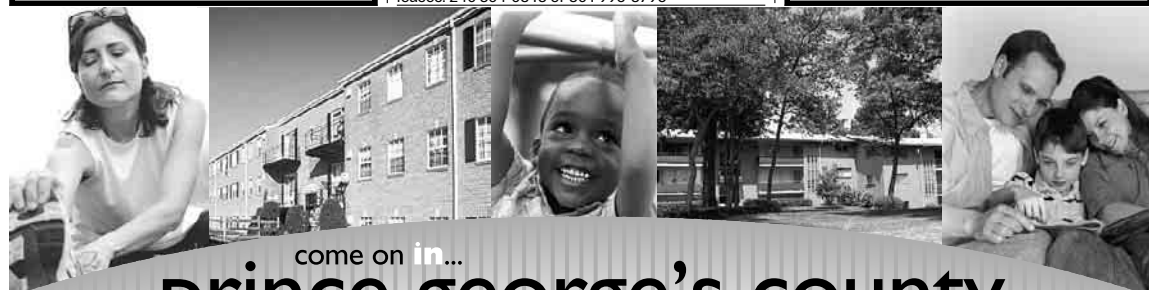
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GMC 2003 Yukon XL—\$20750 obo, good cond, 73k mi, nav, blk ext, tan int, 4 dr, mem seats, htd seats, dvd, 703-929-0863

Harley-Davidson 2004 Heritage SFTL CLSC—\$15435 obo, excellent cond, 850 mi, Black/Gold, 703-542-5881

HONDA '96 CIVIC ES—4 dr., auto, 120K, excel. cond., alloy wheels, new tires, CD plyr., sunrf, \$2400 obo. 703-435-5656

HONDA '93 Accord—Md inspected, clean inside/out, excellent condition. \$2900. Call 301-467-0426

JUNK VEHICLES REMOVED FREE CASH PAY FOR SOME 202-714-9835

Mercedes-Benz 2002 E-Class—4-matic, \$23K, excellent cond, 56k mi, all records, Black on Dark Gray, 4 dr, CD Changer, call 2024382692

NISSAN '92 Maxima—auto., looks & runs good, burgundy, 171K, all pwr, a/c, heat, reliable, Sunrf, \$1550/OBO. Call 240-593-2638

PORSCHE - '01 Boxster. Mint condition. 39K miles. Silver. Garaged. Loaded. \$21,900. Call 703-629-1686

SUBARU '99 LEGACY—Outback sta. wag., 5-sp, AWD, VIN #4S3BG6853K6653016. 110K mi., sunrf, CD player, new tires, exc. cond. \$4800/OBO. 703-435-5656

Toyota 1996 Avalon—\$6200 obo, good cond (garage parked/original owner), 83k mi, Beige ext, Beige int, 4 dr, mnrf, remote keyless entry, 703-795-3541

Toyota 1996 4Runner—\$6990, 94k, V6, 4x4, blk, rare 5-spd, long list of high-end audio/perf/susp upgrds, mnrf, cc, tow, 8042415297

TOYOTA '94 CAMRY LE—140K mi, V6, sunrf, new tires, alloy rims, exc. cond., CD player, 1 mo. free trial. \$3400/OBO. 703-435-5656

VW 2003 GTI—\$15,250 obo, 5-spd, exc cond, 28k mi, 2 dr, Silver with Gray lthr int, htd seats, sunrf, prem sound, 240-687-0736

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LOOK out

* TRENDS, CULTURE, DISCOVERIES, IDEAS, PEOPLE

INSIDE

Deck your den
with celebrity
furniture | **35**



Live Online: United's
CEO on MLS season | **36**

Tangled Web: Maguire
battles addictions | **38**



SCHALK VAN ZUYDAM/AP

Weather

Encroaching sand dunes are burying homes in Mauritania

On nights when the wind hisses across the dunes, the old man sits on his straw mat, draws a blanket around his shoulders and counts his dwindling money.

In the morning, Sidahmed Ould Magaya, 75, will be trapped inside his concrete one-room house, the wooden door sealed shut by a wall of sand accumulated overnight. In exchange for about \$6, workers will liberate him, hauling the yellow sand away in burlap bags.

At that rate, he has to sell a goat a month to pay for keeping the desert at bay in a country where the dunes are said to be shifting at an estimated 2 1/2 miles per year per year, according to government data.

Throughout Mauritania, a desolate, dune-enveloped country twice the size of France, men and women wage a daily battle against the sand.

With less rain falling now than in years past, the dunes have become dry and unstable. Global climate

The Disappearing Country

RUNNING DRY: Bena Mint Khoujor, left, holds her child in their house in the desert town of Chinguetti, Mauritania. A boy, right, runs past an abandoned house in the town, which is being covered by shifting sand dunes.

change bears part of the blame, as does the uprooting of the scraggly trees that once dotted the landscape to use as camel feed, firewood or for insulation, leaving nothing to bind the sand.

When the winds whip the land, the dunes advance like fingers, overtaking walls, forcing their way into courtyards and creeping under doors. Whole houses are

“It’s a vicious cycle, brought on by the changes in our climate.”

MOUSTAPHA OULD MOHAMMED

swallowed. Entire cities have been abandoned.

“When I built my house, I chose this spot because it was flat. Now

there’s a mountain outside,” says Magaya of his house, currently free of sand but precariously positioned at the edge of an advancing dune. His front door opens onto the face of the dune, which rises sharply upward and crests just above the roof from where it bears down on the old man like a yellow giant.

A wave of sand has crashed into his neighbor’s home, swallowing the front door, forcing the family to use the back entrance. In the towns under the most sand, families go in and out of their windows. Snow plows crisscross the national highway, pushing sand aside to let cars through.

Europe and North America have hurricanes, floods and snowstorms;

the nations lying across the Sahara — Mauritania, Mali, Niger, Chad and the southern edges of Libya, Algeria and Egypt — have sand, and a warming planet is making it less predictable.

Surface temperatures have risen by a little over 1 degree Fahrenheit in the last century, said Patrick Gonzalez, a climate scientist on the U.N.’s Intergovernmental Panel on Climate Change. The rise in the temperature of the Earth, as well as of the Atlantic Ocean bordering Mauritania, has had an impact on rainfall: It’s down a fifth from the 1950s.

Without moisture to keep the sand in clumps, it moves freely, dissipating in a yellow mist.

“It’s a vicious cycle, brought on by the changes in our climate and worsened by the actions of mankind,” said Moustapha Ould Mohamed, who heads the National Research Center on Desertification in Nouakchott, the Mauritanian capital.

In a 109-page national action plan written by the ministry last year, the Mauritanian government proposed a series of measures from the creation of a green belt around threatened cities to planting sticks in formations that halt the flow of sand.

“What’s happening in Mauritania is dramatic and something needs to be done,” said Mounkaila Goumandakoye, the acting director of the U.N. Development Program’s Drylands Development Center. “Politicians are used to doing things to improve their country’s GDP. They haven’t yet understood the link between the advance of the dunes and their economic health.”

Chinguetti, located on an ancient caravan route, was once Mauritania’s most populous town with a population of 20,000 in the 19th century; its inhabitants now number 3,000, and over 300 of its 1,000 homes have been abandoned, Mayor Mohamed Ould Amara said.

“We’re under an ocean of sand,” Ould said. RUKMINI CALLIMACHI (AP)

Impressive Quickness

Food

Plate presentation is the hottest trend in fast-prep cookbooks

On one of the first real days of spring in the city, it's already Thanksgiving in the surprisingly small test kitchen for Everyday Food magazine.

The room smells of pumpkin and onions, and a half-dozen aproned cooks are gathered around the kitchen island, forks in hand, sampling a potato gratin, the latest entry for the November 2007 issue.

Sure, it tastes good — any test kitchen's goal. But this is what the group asks associate food editor Charlyne Mattox: How much effort did it take?

In the end, the cheese and some onions are in doubt, and Mattox will

make a new, quicker version the next day — something deputy food editor Allie Lewis thinks will surprise readers with its simplicity.

"It's pretty revolutionary to put cream and potatoes into a casserole and get that," Lewis said.

This is the ethos behind Martha Stewart's by-all-accounts successful Everyday Food magazine and its new best-of cookbook, "Great Food Fast": Use few ingredients, but make sure they're fresh and healthy. Use as few steps as possible, but make sure the dish packs a punch and looks good on the plate.

The book is one of many "quick-prep" collections new on the market this spring, as ever time-pressed Americans continue their quest to shave minutes off dinner hour labor. But it's not enough to be quick anymore. To succeed, these books must celebrate the "wow" factor.

The category's hottest entries focus on fresh and healthy ingre-



Sandy Gluck, left, food editor of "Everyday Food," and Allie Lewis, deputy editor.

dients, with nary a can of condensed soup in sight. Maybe even more importantly, they emphasize stunning visuals that appeal to cooks raised in the age of the Food Network, and look like books you'd be

proud to display in your kitchen.

"There are at least six or seven new releases in that category this month, and they all have a really nice presence as a cookbook," said Brad Parsons, a senior editor at

Amazon.com. "There's nothing disposable about them."

Loving photos of finished dishes just a decade ago were more likely to be found only in "the great, glorious" high-end gourmet books, she said. Now quick-prep books feature

“People want minimal ingredients and they want a real ‘wow’ factor.”

ALICE DASHER, COOKBOOK SALES

them, too.

"People want minimal ingredients, they want a real 'wow' factor and they want to see what it's going to look like when it's finished," said Alice Dasher, a saleswoman who specializes in cookbooks at Savannah, Ga.'s E. Shaver bookseller.

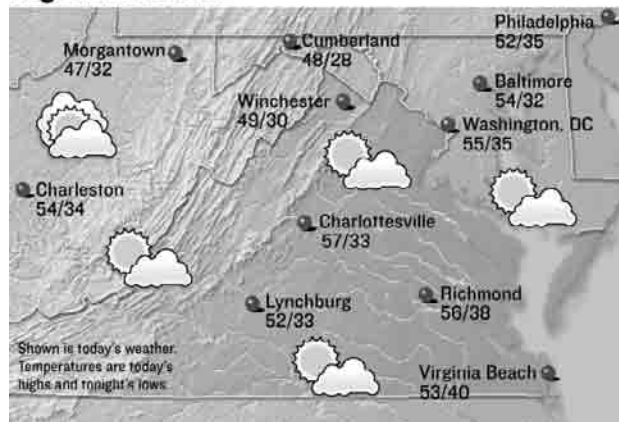
The food staff at Everyday Food takes their own photographs of every dish to storyboard each issue long before the dishes are professionally shot. They claim a minimum of food styling for their final photographs, attempting to make them look just as they might on readers' dining room tables.

"More than anything," Lewis said, "we want people to be successful in the kitchen." **DIANE DAVIS (AP)**

5 Day Forecast for the Washington Area

Today	Tonight	Wednesday	Thursday	Friday	Saturday
Mostly sunny	Mostly clear	Mostly cloudy, afternoon rain	A little morning rain, clearing	Partly sunny	Partly sunny, t-storms late
55°	35°	49° / 42°	56° / 43°	62° / 49°	70° / 52°

Regional Weather



Forecasts and graphics provided by AccuWeather, Inc. ©2007

Almanac

Washington, D.C., through 4 p.m. Mon.

Temperature

High	47°
Low	31°
Normal high	64°
Normal low	44°
Average humidity	44%

Precipitation

24 hours ending 4 p.m.	0.00"
Month to date	0.39"
Normal month to date	0.84"
Year to date	8.26"
Last year to date	7.02"
Normal year to date	10.28"

For up-to-the-minute weather, see: washingtonpost.com/weather

Regional Forecast

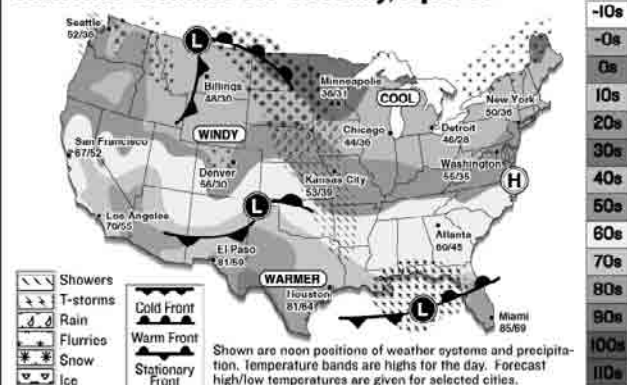
D.C. Metro: Today, mostly sunny. High 55. Wind northwest 7-14 mph. Tonight, mostly clear. Low 35. Wind east 4-8 mph.

Sun and Moon

Sunrise today	6:40 a.m.
Sunset tonight	7:40 p.m.
Moonrise today	2:39 a.m.
Moonset today	11:46 a.m.



National Weather for Tuesday, April 10



National Cities

City	Today	Wed.
Atlanta	60/45/pc	65/57/t
Boston	47/33/pc	43/33/s
Chicago	44/36/pc	40/32/sn
Dallas	72/59/t	75/61/s
Denver	56/30/c	54/34/pc
Honolulu	84/72/s	83/71/s
Los Angeles	70/55/pc	68/55/pc
Miami	85/69/pc	86/74/pc
New York City	50/36/s	48/39/pc
Orlando	80/64/t	84/68/pc
Seattle	52/36/c	54/38/c

World Cities

City	Today	Wed.
Amsterdam	59/43/c	63/43/s
Athens	68/50/s	70/54/pc
Berlin	55/45/pc	61/45/pc
Buenos Aires	70/55/pc	70/50/r
Calgary	31/28/sn	35/22/c
Dublin	59/45/pc	57/45/pc
Geneva	64/45/s	70/45/s
Moscow	39/25/s	44/37/pc
Rome	70/46/s	70/48/s
Sydney	75/59/s	77/58/pc
Tokyo	63/50/pc	57/50/pc

s-sunny, pc-partly cloudy, c-cloudy, sh-showers, t-thunderstorms, r-rain, sf-snow flurries, sn-snow, i-ice.



Donald Trump leans on a table from his new home-furnishings collection, left; a bedroom from the mary-kateandashley line, right, which will be ready to buy in May.



CHUCK BURTON/AP; MARY-KATE AND ASHLEY FURNITURE

Sit Like a Celebrity

Adorn your abode with furniture lines from famous names

With the theme song from his reality television show blaring in the background, Donald Trump strode into a showroom at the world's biggest furniture trade show and started to brag about, of all things, his couch.

"Trump Home furniture offers consumers a tangible way to experience the luxurious Trump lifestyle for themselves ... even if they can't afford millions for one of my properties," Trump said. "Now the public can not only wear my clothes, they

can sit on my couch."

Should Trump's over-the-top bombast not suit your personal style, how about a couch from model Cindy Crawford? Or a couple of chairs from teen stars Mary-Kate and Ashley Olsen? Such boldface names are all over furniture today, and some touted at this spring's International Home Furnishings Market in High Point are among the increasing number whose fame isn't rooted in the business of hearth and home.

Such famous-name furniture

isn't new — think Martha Stewart. Other celebrity lines that have sold well include that of American Realist painter Bob Timberlake and a collection named for fashion designer Liz Claiborne, both sold by Lexington Home Brands.

But several of the more recent celebrities to enter the market are like Trump, who bring their name to the business as much as a designer's touch or artisan's eye. They include

Crawford, whose furniture collection debuted in late 2005, and the Olsen twins, whose second collection will hit stores this spring.

Such well-known celebrity names attract consumers who generally don't spend a lot of time shopping for furnishings, said Mary Frye, president of the Home Furnishings International Association.

"It's like being a political candidate," Frye said. "Sometimes they get elected not because you

side with them on their political issues, but because you recognize the name."

Trump Home's Westchester line is formal, with burled woods, brocades and leather, while the Central Park line has a modern flair with Art Deco-influenced accents. Both are in the middle of Lexington's price range, with a Central Park rectangular dining room table set to cost about \$1,595. A similar Westchester table will cost about \$1,795.

There have been some notable failures. Vaughan-Bassett Furniture Co. dropped its Elvis Presley collection just 18 months after its debut in 2002. Company spokesman Doug Bassett said the typical Elvis fan loved the furniture, but couldn't afford it.

The key, said Jerry Epperson, a furniture industry analyst with Richmond, Va.-based investment banker Mann, Armistead and Epperson, is mixing the identity and the appeal of the celebrity with the affordability and attractiveness of the product.

"No one will buy ugly or overpriced furniture because someone's name is on it," he said.

IEVA M. AUGSTUMS (AP)

"Now the public can not only wear my clothes, they can sit on my couch."

DONALD TRUMP ON HIS NEWLY LAUNCHED FURNITURE LINE

Beauty



Eye Like It!

Eventually this cold snap will pass and we'll be in the armpit-wetting heat of August. Which means it's time to look for makeup that stays. Yay for Dior's new **EYE SHOW** (\$30, Sephora), a cream eyeshadow that will. Not. Come. Off. We tried Pop Aquadelic, a pale aqua-green, although it does come in less frightening colors. A light touch led to a subtle teal shimmer, the color deepened with each layer. By the time we were done, we looked like a mermaid with a disco fetish. It was awesome.

KRISTEN PAGE-KIRBY (EXPRESS)

Beauty



Not Just for Breakfast

Italians know what they're doing, what with the pasta and the opera and the hot men and all. They also have it down when it comes to skincare: **CLEO**, an Italian brand now available in the U.S., is cheap and excellent. The Shower Cream in Red Fruits (\$4, exclusively at drugstore.com) smells at first like a Strawberry Shortcake doll chewing Double Bubble, but mellows into a soapy scent. The yogurt-based formula is incredibly moisturizing — we didn't even need lotion after a shower to keep things smooth. Bravo! K.P.K.


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site specifics

FREE RIDE

Wi-Fi for Arlington?

Arlington County officials are considering a plan to offer broadband wireless Internet access to residents and visitors across their 26 square-mile jurisdiction. There's a public meeting tonight to discuss the plan. Find out more about it at readexpress.com. | ONLINE NOW



ENTERTAINMENT

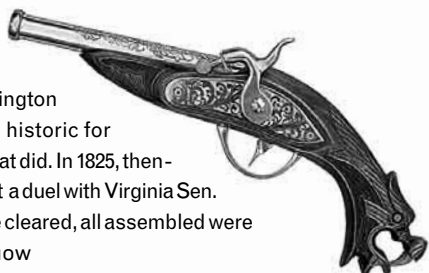
History of Violence

If you didn't know better, you might mistake Low's "Drums and Guns" CD for a protest record. But drummer Mimi Parker told Express contributor Aaron Leitko that that's not the case. Read what she had to say before Low plays the Black Cat on Tuesday. | ONLINE NOW

LOCAL HISTORY

A Botched Duel

Tucked away on Glebe Road in Arlington near Chain Bridge is a spot more historic for what could have happened than what did. In 1825, then-Secretary of State Henry Clay fought a duel with Virginia Sen. James Randolph. When the smoke cleared, all assembled were surprised. Find out why. | ONLINE NOW



comment board

“Stupid? Yes. Insensitive? Yes. Ignorant? Yes. So what else is new? Limbaugh, Coulter, Stern et al spew this filth everyday. What is frightening is that many people enjoy this garbage.”

COMMENTER SHANE, RESPONDING TO MONDAY'S POLL QUESTION, "SHOULD DON IMUS BE FIRED FOR BIGOTED JOKES ON HIS SHOW?" THE RADIO HOST HAS BEEN UNDER FIRE AFTER REFERRING TO THE RUTGERS UNIVERSITY WOMEN'S BASKETBALL TEAM AS "NAPPY-HEADED HOS."



“Everyone will agree that we all have the right to free speech. But just because we have the right to say things is it right to say them. Anyone ever stop and think what this did to these players, who did nothing other than play a game of basketball. This whole thing sickens me.”

COMMENTER SB, ALSO RESPONDING TO THE IMUS CONTROVERSY.

pollcenter

TODAY'S QUESTION

Should hand-guns be banned in Washington, D.C.?

1. Yes
2. No

YESTERDAY'S RESULTS

Should Don Imus be fired for bigoted jokes on his show?

AS OF 5 P.M. MONDAY. NOT A SCIENTIFIC POLL.

SEE HOW YOUR METRO STATION VOTED AT [READEXPRESS.COM/POLLCENTER.PHP](http://readexpress.com/pollcenter.php)

“That’s a lot of empty seats. Especially for a Sunday game, less than one week into the season. [I]t wasn’t that cold. Suck it up, Nats fans.”

THEDCUNIVERSE.BLOGSPOT.COM CRITICIZES THE D.C.-AREA FOR NOT FILLING UP THE SEATS AT RFK STADIUM FOR SUNDAY’S GAME BETWEEN THE NATIONALS AND THE DIAMONDBACKS.



“EVER WONDER why every time [House Oversight and Government Reform Committee Chairman] Henry Waxman sends out a subpoena or asks a pointed question about Republican criminality and corruption, the same thing isn’t happening in the Senate?”

THE ANSWER TO THAT QUESTION, LEFT-LEANING BLOGGER **FIREDOGLAKE.COM** SAYS YOU MUST ASK SEN. JOE LIEBERMAN, WHO CHAIRS THE SENATE’S GOVERNMENT REFORM COMMITTEE.

“WHILE SOME may decry this as Google’s latest attempt to take over the world, I see it as Google, once again, doing it better, faster and freer [is that a word] than everyone else.”

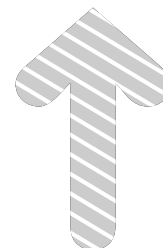
CATCHUPBLOG.TYPEPAD.COM DOES NOT FEAR GOOGLE’S NEW DIRECTORY ASSISTANCE INITIATIVE.

“I LOVE SPRING CLEANING. I don’t like the actual physical labor of cleaning ... unfortunately, my dog sheds ... a lot.”

NEVERINTOWN.BLOGSPOT.COM SPENT THE EASTER WEEKEND SPRUCING THINGS UP.

“As a busker, one needs to interact with those around, break walls of personal space and lure people into a collective ...”

SAWLADY.COM/BLOG ASSESSES THE WASHINGTON POST’S EXPERIMENT PUTTING WORLD-FAMOUS VIOLINIST JOSHUA BELL IN A DRAB L’ENFANT PLAZA PASSAGE TO SEE IF HE ATTRACTED A CROWD.



Live Online

United Soccer

D.C. United president and CEO **KEVIN PAYNE** was online Monday and talked about the start of the 2007 MLS season, which will feature David Beckham, and D.C.’s stadium plans.



Where is this stadium that Mayor Fenty promised us last year?

We are continuing to work very closely with the administration, the departments of economic development and the office of planning, on the overall

stadium plan and development plan for Poplar Point, and when the administration is ready to talk about that publicly, we’ll do so. But progress is being made.

What is the greatest strength and weakness of the United?

Traditionally, our greatest strengths have been our competitiveness, our willingness to pressure the other team and our attacking ability. We’ve struggled a bit in the early going this year. However, I have great confidence in Tom Soehn and his staff and their ability to get our players on the right page

How do you expect to the arrival of Beckham later this season in L.A. to

affect soccer in the United States?

I expect David Beckham to have an enormous effect on our league. He is an iconic figure in sports, and is one of those truly rare athletes who transcends the sports page and has become a cultural symbol as well as a hugely successful player on the field. I think that the choice of Beckham as the first truly major signing under the new rule was an inspired one by the Galaxy, particularly because of David’s personality and his commitment to the game and his teammates.

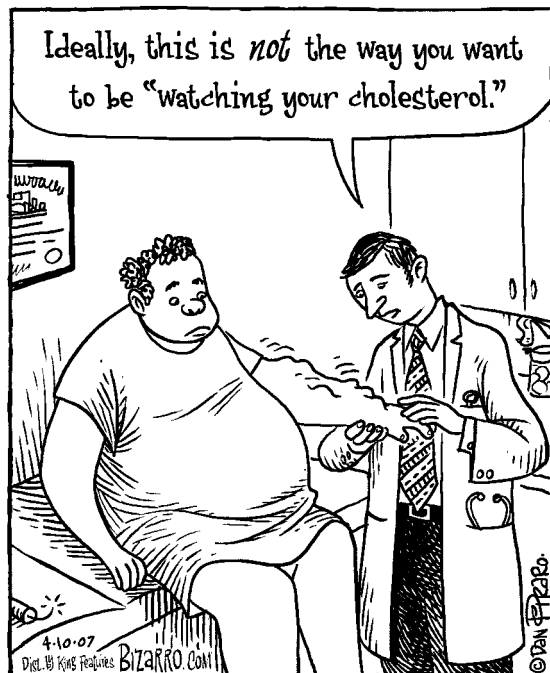


TODAY ON LIVE ONLINE:

The Post’s David Brown and Professor Ronald S. Calinger discuss the work of mathematician Leonhard Euler at 11 a.m. | washingtonpost.com/liveonline

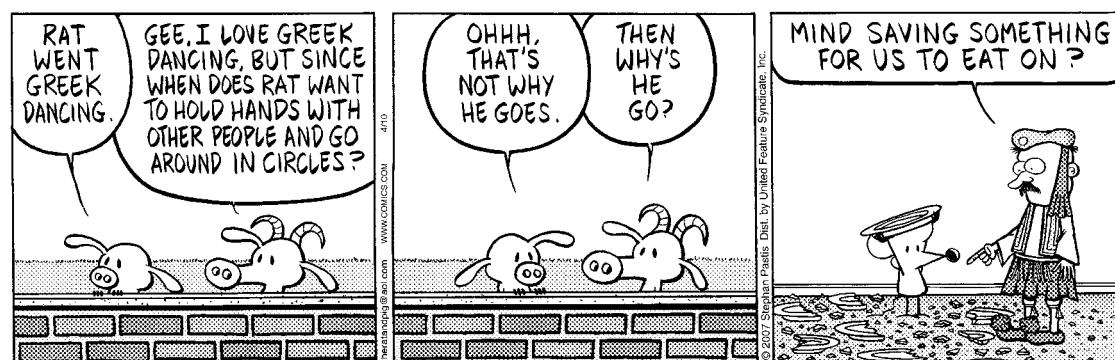
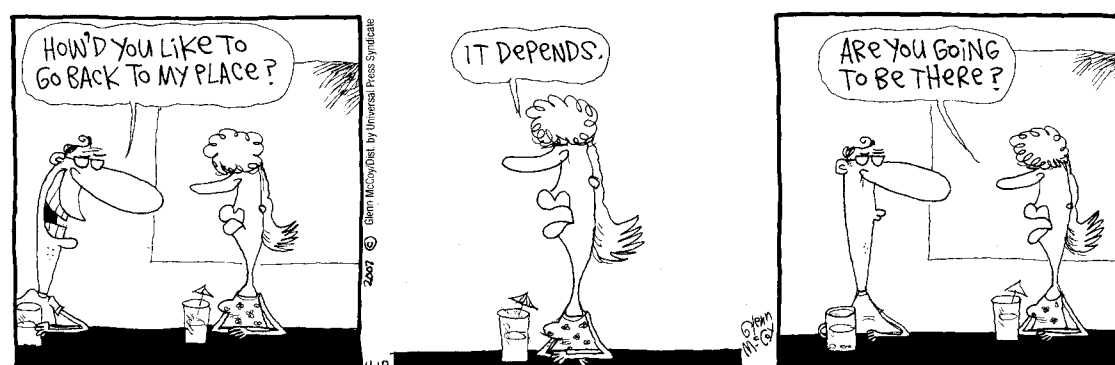
DON'T

WAIT UNTIL THE VERY LAST MINUTE TO DO YOUR TAXES. Remember, they are due on April 17 — one week from today. Beat the post office rush on the actual day by consulting the IRS (www.irs.gov/help/index.html) for any questions you might have.

Bizarro | Dan Piraro

Cornered | Mike Baldwin


"Yes, I saw the obituary. So, is that why you weren't in yesterday?"

Pooch Cafe | Paul Gilligan

Pearls Before Swine | Stephan Pastis

The Duplex | Glenn McCoy


Horoscope

By Stella Wilder

ARIES (March 21-April 19) A straightforward, honest approach is best—especially when the issues at hand are most sensitive. A co-worker may request your assistance.

TAURUS (April 20-May 20) The time has come for you to do a good turn for someone who has done you a favor recently. Keep all relationships on a firm footing.

GEMINI (May 21-June 20) You can say much—and much it will surely mean—but one or two key messages will have the greatest impact on a certain few who listen.

CANCER (June 21-July 22) You'll be able to look after more than your own duties—but take care you let others act out certain key roles.

LEO (July 23-Aug. 22) Explanations come easily, but there may be certain issues that require a bit more investigation if you're to get at the whole truth.

VIRGO (Aug. 23-Sept. 22) Make sure every-

thing is in the open; you don't want to find that someone in your camp is secretly plotting against you in some way.

LIBRA (Sept. 23-Oct. 22) Indecision will not be a major factor, and yet you may discover that something you rushed into yesterday is not right for you.

SCORPIO (Oct. 23-Nov. 21) You're going to want to assemble the best possible crew to work on a project that is just getting started. You can go for broke.

SAGITTARIUS (Nov. 22-Dec. 21) What others say about you is not likely to affect you as much as you may think. How you feel about your own actions is most significant.

CAPRICORN (Dec. 22-Jan. 19) You'll want to start slowly and build, step by step, to a climax that cannot be ignored. What you have to offer is of great importance.

AQUARIUS (Jan. 20-Feb. 18) You needn't fill your head with thoughts of style and image. Substance is most important, however; focus on each detail as best you can.

PISCES (Feb. 19-March 20) Avoid formalities if you wish, but do not forget your manners when dealing with those in positions of importance.

Letters

Who Cares About No. 4?

LOOKING AT MONDAY'S Express, I was shocked to see an Entertainment topser on page 15 about "Blades of Glory" being No. 1 at the box

office this weekend and "Grindhouse" being No. 4. So, we don't talk about Nos. 2 or 3 anymore? I guess when you have a big time director coming in at No. 4, it is better than the unknown directors coming in at Nos. 2 or 3?

—CAL MAYFIELD
Silver Spring, Md.

WRITE TO EXPRESS: Include name, hometown and telephone number. Submissions may be edited. E-mail to inbox@readexpress.com or mail to Express Letters, PO Box 17370, Arlington, VA 22216.

Today in History

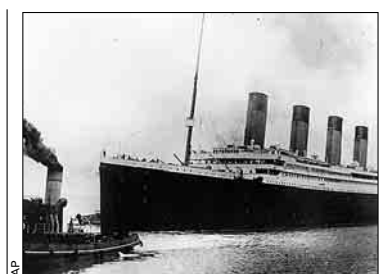
1790 President George Washington signs into law the first United States Patent Act.

1912 The Titanic sets sail from Southampton, England, on its ill-fated maiden voyage.

1925 F. Scott Fitzgerald's classic novel "The Great Gatsby" is first published.

1932 German president Paul Von Hindenburg is re-elected in a runoff, with Adolf Hitler coming in second.

1972 The United States and the Soviet Union join some 70 nations in signing an agreement banning biological warfare.



The RMS Titanic left port today in 1912.

1998 Negotiators reach a landmark settlement to end 30 years of bitter rivalries and bloody attacks in Northern Ireland.

2006 Former Enron Chief Executive Jeffrey Skilling begins testifying in his fraud and conspiracy trial.



OK, we get it. You have a strong profile.

BRIEFOVERLINE

With Baby Loss on Horizon, Stern Seeks Other Income

HOWARD K. STERN, former companion of Anna Nicole Smith, has hired a lawyer to possibly sue media Stern believes are implicating him in the deaths of Smith and her son. "The television, tabloid and Internet trial of Mr. Stern in the court of public opinion based on sensational lies, speculation, rumor and gossip is over," said attorney Lin Wood. (AP)

MEMORIALS

Former Consort Declares April 8 'Queen Cher Day'

It was a **SONNY BONO** weekend in the California desert. Bono's sidewalk star, dug up years ago for a construction project, was relocated on Palm Canyon Drive in Palm Springs, Calif., and dedicated Saturday in front of the pop star-turned-politician's bronze statue. "It's unbelievably beautiful," said U.S. Rep. Mary Bono. "We will never forget what he has done for us," said Mayor Ron Oden, who proclaimed April 7 as Sonny Bono Day. (AP)



PEEVED

She's So Over It

HALLE BERRY is miffed at Parade magazine for delving into her 1996 brush with suicide, E! Online reported. In past years, Berry has said she considered killing herself after her marriage to baseball player David Justice ended. Berry alleges that Parade used quotes from years-old interviews to make it sound like she discussed the episode with the interviewer. "It's 10 years old. I'm so past it and I'm so beyond it," she said. (EXPRESS)

EPISTEMOLOGY

Actor Elucidates Rift Between 'Thoughts' And 'Formed Ideas'

TOBEY MAGUIRE, star of "Spider-Man 3," isn't sure he'd play the superhero a fourth time. "I appreciate movies from a standpoint of entertainment and distraction, and I also love when people make movies that help raise awareness," he said. "I don't really have a lot of formed ideas. It's more just



thoughts," he tells Men's Journal. Maguire says he talks to the media about his movies, but he doesn't "feel compelled to share anything." Maguire says he began attending Alcoholics Anonymous meetings at 19. "I have an addictive nature," he said, "an obsessive-compulsive nature — well, I don't know that's what it is clinically. But I go to addictive extremes, and before I got sober, that became routine." (AP)

CURIOUS

Even Its Stars Don't Know Why This Show Is Still On

KEVIN JAMES of "The King of Queens" credits the success of the long-running sitcom to staying under the radar. "It may have worked for us because people kinda left us alone," he said. "You know, when they

tapped us on the shoulder and we looked up, it was nine years later. We never really were that shiny show, but we're a simple show — and that's something that I'm proud of." (AP)



This would be a longer caption if Word hadn't eaten all our Mac's memory.

RELIEF

Creator of Bloated Word Processor Safe on Station

A Russian-built Soyuz capsule carrying the American billionaire who helped develop Microsoft Word docked at the international space station late Monday, to the earth-bound applause of Martha Stewart and others at Mission Control. Stewart is a friend of **CHARLES SIMONYI**, the American who shelled out \$20-25 million to be the world's fifth paying private space traveler. (AP)

Are you hiding out because of ACNE?

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LOOK out

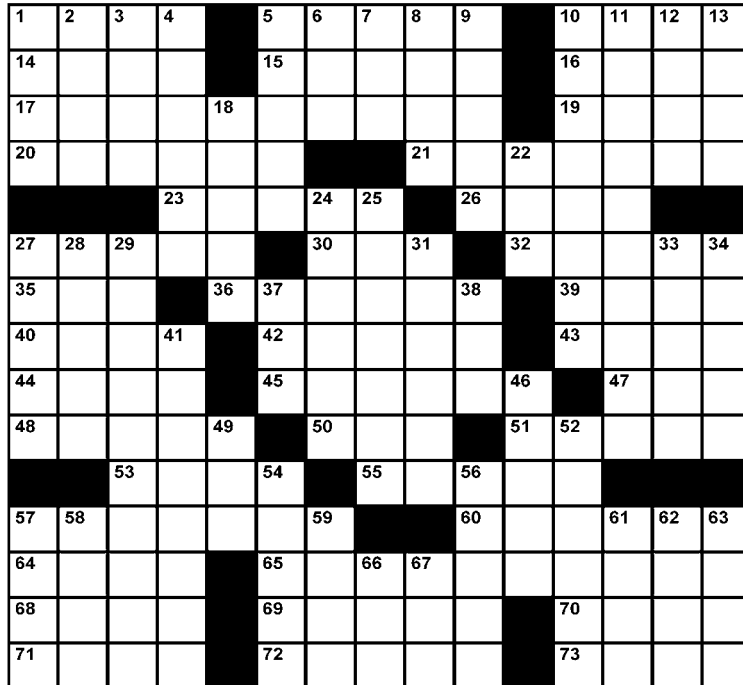
Crossword | We Did It!

ACROSS

- 1 Guys' goals?
5 Celeb's hiree
10 Subtle "Over here!"
14 Leave unacknowledged
15 Marshy lake outlet
16 Lung opening?
17 Won unconvincingly
19 Has put words to music
20 Configurations
21 One who serves and receives
23 Old hat
26 Hard to come by
27 Handled clumsily
30 Pantry intruder, perhaps
32 Nissan rival
35 Japanese Prime Minister Hirobumi
36 Office chair feature
39 Chance upon
40 Gives no stars to
42 Flared dress
43 ___ fixe (obsession)
44 Napoleon's home, for a while
45 Doohickey
47 Sports car protector
48 With cunning
50 Wheel track
51 So far
53 Fervent
55 ___ voce (softly)
57 Bunched fruits
- 60 Emulated
5-Across
64 Tingling with excitement
65 Near miss
68 Bit of chicanery
69 Middy counterpart
70 It's on the agenda
71 Exploit
72 Helps in a bad way
73 Plane beginning

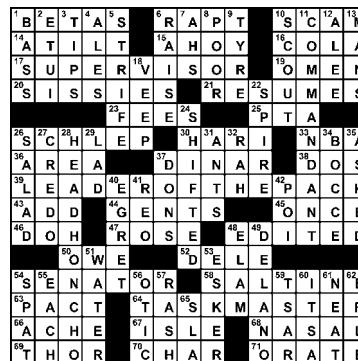
DOWN

- 1 Seamen, slangily
2 Nurse in the Orient
3 One-time Venetian coin
4 Extensive plain without trees
5 Deep gulf
6 Some people have it as a gift? Peacock tail feature
8 Father of Shem and Japheth
9 Help with homework, e.g.
10 Rye partner
11 Got off a packed subway train, in a way
12 Grabs some rays
13 Plates that move
18 Shows how
22 Frodo's friend
24 Hand on deck
25 Jealous
27 Vocal cords, in slang



- 28 In the least bit
29 Was barely victorious
31 Take care of
33 Big name on the farm
34 Corroded
37 Small mass of soft material
38 It's suitable for grazing
41 Snatched from the fire, e.g.
46 They're set for marriages
49 Yang counterpart
- 52 Tom Jones' love
54 Bangladesh's capital (Var.)
56 Waste allowances
57 Epithet for Shakespeare
58 Chills and fever
59 Hunk of marble
61 Fancy spread
62 "Be it ___ so humble..."
63 It may be taken for a ride
66 Poetic form
67 Place for an acting president?

Yesterday's Solution



Su | do | ku

Degree of Difficulty: MEDIUM

Fill in the boxes so each row, column and 3-by-3 square includes the digits 1 through 9. For solution, tips and computer program, see www.sudoku.com

Yesterday's Solution

3	8	1	2	9	7	5	6	4
2	6	4	5	3	1	8	9	7
5	9	7	6	8	4	3	1	2
8	1	3	9	5	2	4	7	6
6	5	2	7	4	3	9	8	1
7	4	9	1	6	8	2	5	3
1	7	5	3	2	9	6	4	8
4	3	6	8	7	5	1	2	9
9	2	8	4	1	6	7	3	5

		6		3				
		5	1			6		
	4	8				3	7	5
7			4	5		9		
	2		8	1				6
3	8	7			1	6		
		1		2	8			
			3		4			

Need more Su | do | ku?

Find another Sudoku puzzle in the Comics section of the Post every Sunday and in the Style section every Monday through Saturday.

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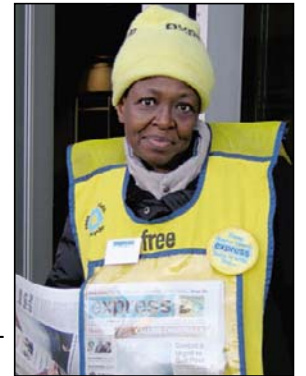
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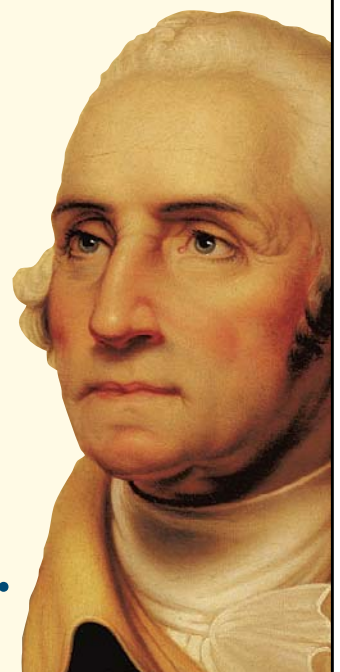
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Robert Hein and Deborah Fenwick

Little did I know that my neighbors' pestering me to go to HealthFair would save me from having a stroke. Ray, who lives next door, had gone to HealthFair in December, where they found a large aneurysm on his aorta. With urgent surgery, the HealthFair test saved Ray's life. After that, every time I saw Barbara, Ray's wife, she asked me when I was going to HealthFair to get tested. I finally agreed to go, and I am very glad I did. HealthFair found that I had a very clogged carotid artery and told me to see my doctor immediately. I was shocked. I always have regular and vigorous physical exams. I'm 63 years old, slim built, don't smoke, eat a fairly low-fat diet, and exercise regularly. I ride my bike 25 miles twice a week, play softball four days a week, and play golf. I have normal blood pressure, normal cholesterol, and a healthy heart. Within a week of the HealthFair screening, I was in Ocala Regional Hospital having surgery on the clogged artery. Many of the hospital staff were surprised by my condition considering my otherwise good health. My surgeon, Dr. Earl Stewart, told me the artery was over 80% blocked and the plaque unstable. He was surprised that I hadn't already had a stroke, and was sure I would've had one soon without surgery. Within a week of surgery, I was up and able to resume my normal activities. HealthFair provided a miracle for me and my neighbor, Ray. I think everyone should have the screening. It's the best money I have ever spent. Sincerely, Robert Hein.



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ULTRASOUND TESTS OF THE HEART AND ARTERIES

Rockville, MD
April 13th
Courtyard By Marriot
2500 Research Blvd.

Fort Washington, MD
April 14th
World Gym Fitness Center
12746 Old Fort Rd.

Vienna, VA
April 16th
Residence Inn
8400 Old Courthouse Rd.

Springfield, VA
April 17th
May 1st
Hilton Springfield
6550 Loisdale Rd.

Gaithersburg, MD
April 19th
Residence Inn - Washingtonian Center
9721 Washingtonian Blvd.

Chevy Chase, MD
April 21st
Chevy Chase Athletic Club
5454 Wisconsin Ave.

Fairfax, VA
April 23rd
Fairfax Presbyterian Church
10723 Main St.

Herndon, VA
April 24th
Hilton Washington Dulles Airport
13869 Park Center Rd.

Bethesda, MD
April 25th
Doubletree Hotel Bethesda
8120 Wisconsin Ave.

Rockville, MD
April 26th
Rockville Presbyterian Church
215 W. Montgomery Ave.

Alexandria, VA
April 27th
Woodbine Rehab & Healthcare Center
2729 King Street

Silver Spring, MD
April 28th
Courtyard By Marriott
12521 Prosperity Dr.

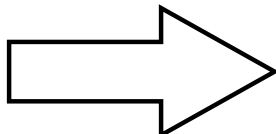
Fairfax, VA
May 3rd
Residence Inn
12815 Fair Lakes Pkwy.

Alexandria, VA
May 4th
Hampton Inn
5821 Richmond Hwy.

Bethesda, MD
May 5th
Marriott Hotel
5151 Pooks Hill Rd.

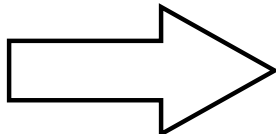
HEART ATTACK PREVENTION PACKAGE

ECHOCARDIOGRAM
ULTRASOUND TEST



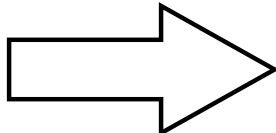
Echocardiogram is a video ultrasound of the heart. It may detect enlargement of the heart, valve abnormalities, blood clots and tumors.

ELECTROCARDIOGRAM
(EKG) TEST



EKG may detect ischemia, silent heart attack and atrial fibrillation. EKG provides a picture of the electrical activity of the heart.

HARDENING OF THE
ARTERIES (ASI) TEST



Hardened arteries cause the heart to work harder, which leads to vascular disease. ASI test shows the degree of hardening of the arteries.

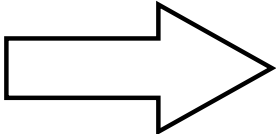
ALL 3 TESTS



These cardiac tests are painless and non-invasive. The combined cost is more than \$1,300 at most hospitals.

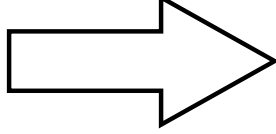
STROKE & ANEURYSM PREVENTION PACKAGE

STROKE/CAROTID ARTERY
ULTRASOUND TEST



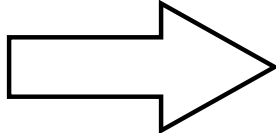
Many strokes are associated with blockages in the carotid arteries that may be detected with an ultrasound.

ABDOMINAL AORTIC
ANEURYSM TEST
(4-HOUR FAST REQUIRED)



Abdominal aortic aneurysms form as a result of a weakness in the lining of the artery wall that may be detected with an ultrasound.

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Will the Kids Stay in the Picture?

Q When my husband and I married three years ago, we both agreed that kids would enter the picture someday. A year ago, I changed careers and am working harder than ever, but loving it. My husband is ready for kids, and I can't imagine a worse time. I want to give my everything to my career right now, and I simply do not believe there's a place for a baby. He accuses me of tricking him, and says I never wanted kids at all. Truthfully, I'm not sure if I do, but I'm willing to have them, someday. Help! —VA.



"Alright already, I get it. You don't want to have children."

ERIC REECE

I ought to don a powdered wig and wooden teeth, because I'm suddenly

in the mood to talk about inalienable rights and self-evident truths: a) that kids and career growth are not mutually exclusive; b) that you deserve to be honest about changing feelings without being accused of

lying about them; c) that you must admit the difference between "it's not the right time" and changing your mind; and d) that the Mommy doesn't automatically have to be the one to sustain the bigger bump in

the career road (see a), then rinse and repeat).

This isn't something that will be easily solved by compromise — half a kid would be really hard to diaper — but it is something that must be painstakingly worked through with honesty. That means your husband can't accuse you of trickery, but you can't hide behind "Not now" when what you might really mean is "Not ever." That, ultimately, will be what you both have to come to terms with, along with whether it's a dealbreaker in your relationship.

Of course, the jackpot here-and-now solution is for you to agree to a time frame in which to decide. That gives you the opportunity to follow your current path, unstifled, for a while longer, but it gives him the definitiveness of a time and date for an answer. In the meantime, if you need a boost to help communicate heart-to-heart rather than bullhorn-to-brick wall, there are some great couples counselors out there.

Q Could a psychologist help with headaches? —TIRED OF THEM

That depends. Do you mean with reducing them or creating them?

When pain or physical disorders have psychological components, as is the case for several types of headaches, certain therapies can really help. Relaxation training, stress-management techniques and biofeedback (where you learn to control some of your "involuntary" physiological responses) are all beneficial. In fact, merely increasing someone's sense of control can help alleviate pain. And garden-variety psychotherapy can reduce anxiety and depression, which leads to a healthier lifestyle, better coping skills and the ability to avoid self-sabotaging and self-destructive behaviors. All of that sounds much better than Tylenol, no?

Send your mental health and emotional wellness questions to Andrea Bonior, Ph.D. at baggage@readexpress.com. This column is not a substitute for one-on-one care.

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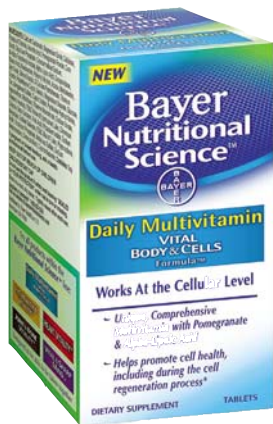
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A-Head of the Curve

STOPPING FOR WATER IS ONE THING, but do you really want to jeopardize your race time by fiddling with the back of your baseball cap? Headsweats (headsweats.com), the company that covers the noggins of more triathlon finishers than any other, has expanded its line of perspiration-wicking gear to include hats and visors with "QuikFit" technology. Instead of snapping a plastic strap into the right holes, you can tighten or loosen the band with a toggle. This is especially critical if you get a swelled head after finishing first.



The Science Of Supplements

POPPING PILLS EVERY MORNING is routine for boomers who want to prolong middle-age as long as possible. Bayer's new Nutritional Science line addresses their specific issues with four new supplements (for heart, mind, eyes and joints/bones), plus overall health with its Vital Body and Cells multivitamin (\$15-\$20). Even that has fancy extras — pomegranate to boost cell regeneration, for instance.

NEW
IN HEALTH
**warm
ups**

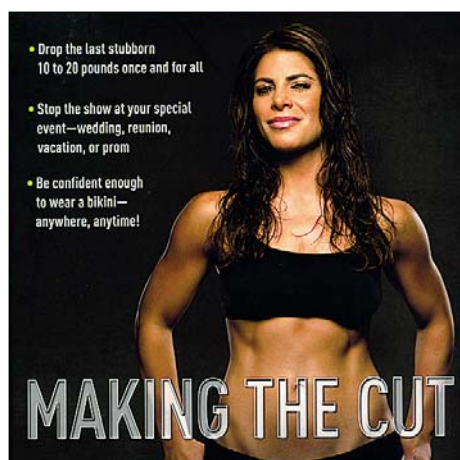


From Thaw to Maw

WHEN WE WERE INFANTS, our moms considered pureed hot-dogs a suitable meal. Now you don't love your child unless it feeds on frozen organic baby food. The latest brand on the scene is Baby Cubes (\$5 for 10, baby-cubes.com), which are actually trapezoids. Of the 21 flavors, we tried apple, blueberry and winter squash. The latter two are a bit watery for successful spooning, but all are flavorful without being too sweet.

How to Turn Your Gut to Cut

YOU SHUN TRANS FATS and think working out for just 30 minutes a day is for sissies, but you still carry pounds you want to shed. Then you're the ideal candidate for "Making the Cut" (\$25) by Jillian Michaels, a former trainer on "The Biggest Loser." It's heavy on healthy recipes and tips on maximizing your metabolic makeup, along with exercises that you'll love to hate. And if you want to photograph like a celeb, try her "7-day peaking diet."



- Drop the last stubborn 10 to 20 pounds once and for all
- Stop the show at your special event—wedding, reunion, vacation, or prom
- Be confident enough to wear a bikini—anywhere, anytime!

PRODUCTS GuineaPig



I Can See Clearly Now

IF YOU'RE an allergy sufferer, spring brings sniffing, sneezing and eyeglasses: Many of us simply can't stand contact lenses in our itchy eyes when the pollen count is high. Enter the new 1-Day Acuvue Moist, a disposable lens that uses something called Lacreon technology to keep contacts wetter and more supple than even typical disposables. They're floppier than regular ones, though, so newbies may have more trouble getting them into their eyes.

Once we got over the feeling of wastefulness that resulted from chucking a pair of lenses every day, we did notice an improvement in comfort. Even a visit to a dog-centric household — which normally would have sent us home crying and ferociously rubbing — couldn't faze our new ocular accessories. Get a free sample (with a prescription, of course) at acuvue.com, or see your eye doctor. KRISTEN PAGE-KIRBY (EXPRESS)

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Flex Time

Q I'm trying to improve my flexibility, but I'm not sure what kind of stretching is the best. Is there one type of stretching that works better than others to increase range of motion?

There are many different types of stretching, so you have plenty of options. Your choices are static, active, dynamic, corrective and contract/relax (also called PNF).

Static stretching will seem familiar — it's the traditional method of holding a muscle in a lengthened position. Active stretching is growing in popularity, though; it involves flexing the muscle opposite the one you want to stretch. Dynamic stretching is flexibility through movements like squats, lunges and the like. Athletes use this method as a warm-up to prepare for activity.

Corrective stretching involves the use of myofascial release techniques, which employ such tools as bio-foam rollers. This method releases pockets of toxins, which make it possible to stretch a tight muscle. Finally, contract/relax stretching involves holding a stretch, contracting the same muscle, then relaxing it.

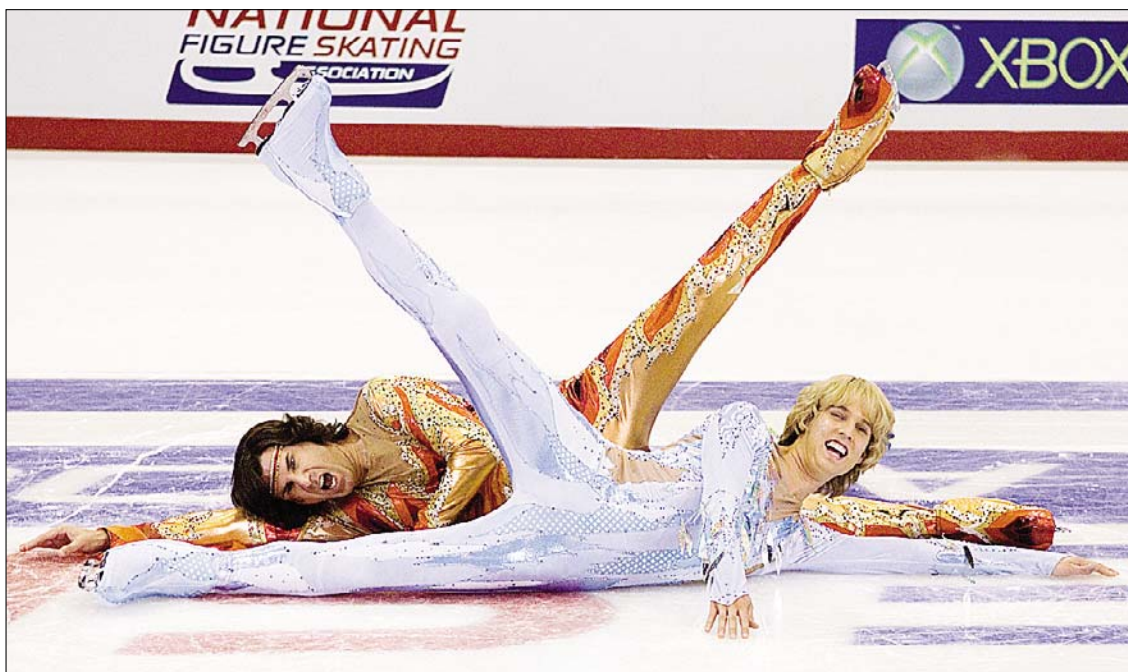
The most important aspect of any program to up flexibility is consistency. You should stretch every day to really see the best results. I'd also recommend weekly yoga classes for even greater improvement.

Matthew Blair Davis, MS, CSCS, PES, is an award-winning personal trainer and president of Functional Revolution Fitness (functionalrevolution.com), which provides private personal training. E-mail him at matt@functionalrevolution.com.

VITALSTATS

30

PERCENT OF MIDDLE AGED CHINESE MARRIED COUPLES WHO DON'T HAVE SEX BECAUSE OF STRESS, REPORTED CHINA DAILY.



NICE ICE BABY: Will Ferrell is a liar, liar pants on fire because his body is nowhere nearly as good as what real skaters sport.

Bodies of Glory

Figure skating strengthens your legs and core

Two dudes lifting each other up by their spandex-clad crotches isn't the unbelievable part of "Blades of Glory," the skating flick that's topped the box-office charts the past two weeks. But Will Ferrell and his doughy gut starring as Chazz Michael Michaels, a pudgy ice-skating champion? Talk about absurd.

While many folks view rinks as an excuse to get goofy, fall down a few times, then sip hot cocoa, real skaters know a tough ice session can rival the calorie burning and muscle toning of a Pilates class, squat

sets and a road race combined.

To give amateurs a taste of how exhausting an hour on blades can be, Kettler Capitals IcePlex — the Ballston rink that serves as the Washington Capitals' home base — is launching a program called "Fitness Skate for Recreational Skaters."

"It's like an aerobics class. You're moving the whole time," explains skating director Holly Eisenhour, who says the course has prompted calls from rinks around the country interested in starting their own.

Students have to be skilled enough to stay on their feet while

whizzing around, and they're expected to know some simple turns, like mohawks, and cross-overs. But the basic idea is to go as fast as possible for as long as possible to get as much cardio as possible. (Loud, pumping music helps with that.) Although there's some technique involved, and the instructor may correct bad form, the focus is the workout.

To rink rats, this sounds a lot like a "stroking" class, which top skaters use to build their cardiovascular ability so they can perform all their gorgeous and strenuous artistry without looking winded.

Rebecca Boyden, a competitive figure skating instructor with Reston's SkateQuest, says focusing on stroking makes sense for more mature beginners. "It's the most fun way for an adult to get into skating without so much risk of injury," she says, noting that the jumps are not a realistic goal for

FITNESS SKATE SIGN-UP

→ Class is offered at Kettler (\$150 for two-month session, 627 N. Glebe Rd., 703-224-0555; capitalsicecenter.com) Mon. at 8 a.m., Tues. at 12:45 p.m. and Sat. at 2:30 p.m. Students also get a month-long membership at the Ballston Sport & Health club.

anyone without "youthful reflexes." "And women will want to know that it's really good for the butt and thighs." Plus, skating works both the core and the stabilizer muscles in the ankles and knees, which does an aging body good in terms of injury prevention.

While kiddies may dominate most ice arenas, the Kettler crew sees potential in an older clientele. The rink offers adults-only skating times, and with the addition of the fitness classes, Eisenhour thinks more grownups will get hooked. "People are always looking for an activity that's different than running," she says.

In the summer months, trading sneakers for skates means you'll rarely overheat even in the recommended class attire: sweatpants, gloves and a light jacket. And while they have showers, you probably won't need them. As Eisenhour explains, "You're burning calories, but you're not sweating that much."

VICKY HALLETT (EXPRESS)

OBESITY OUTLOOK ►► 50 MILLION POUND CHALLENGE

Pounding the Pavement

■ The crowd at the Mall this past Saturday morning wasn't worried about the number of inches of snow on the ground, but rather the number surrounding their waistlines. That's because Dr. Ian Smith, of VH1's "Celebrity Fit Club" fame and author of "The Fat Smash Diet," was issuing the 50 Million Pound Challenge (50millionpounds.com), one of the largest health initiatives ever undertaken for African-Americans. The star-studded affair, sponsored by State Farm Insurance, sweetened the deal with appearances by Biz Markie, Steve Harvey, Yolanda Adams and others.

Smith's campaign for better eating and exercise habits — and a collective weight loss of 25,000 tons — will be traveling around the country, with a stop at Baltimore's Inner Harbor on Sat., April 21. "We need to reverse this deadly trend," he says. That means pushing better foods and preparation methods ("we cook our vegetables in fats and cook them too long," he notes) along with stressing



the importance of activity. Those who accept the challenge — it's free — are given pedometers to encourage walking, one of the easiest ways to exercise. (Pick up a kit at a Challenge event or from any of the State Farm agents listed on the Web site.) "It's cheap, almost anyone can do it and it doesn't require anything but a pair of shoes," says Smith.

And to his launching pad, Smith poses an additional challenge: "We want Washington to give us a million pounds and serve as a beacon for other cities." v.h.

Cutting-Edge Exercises

What Evan Lysacek does to keep his body primed for triple axels

Skating is always a solid workout. But when you're the 2007 U.S. men's figure-skating champion, you've got to do more than circles. Evan Lysacek, who'll be gracing the Verizon Center on Saturday as part of "Champions on Ice," exercises every day to stay in shape. "We can't take three days off and still skate the same way," he says. Just hearing what the 21-year-old does on a regular basis is enough to make you sore all over.

What's your regular workout like?
In skating, we use specific muscles — not the ones you'd develop walking around or going to the gym. It's a lot of stabilizer muscles, so we incorporate balance training. Instead of

doing a normal arm press, I'll do it on one leg and lower into a squat. Plus, I do a lot of core training, and quickness drills. It takes up my whole day.

How much energy does it take to perform?

There aren't many exercises I can think of, short of a full-out sprint, that are as high-intensity as a short program. The long program is close to five minutes for the men and it requires incredible cardiovascular ability. I run a lot, but that doesn't build the cardio I need. The only way is repetition of the program.

Any particularly tricky moves?

The quad jump — that's four rota-

tions in the air — is like doing a high jump. We need to have that kind of power and speed, and we have to make it look easy. These tricks are nearly impossible and we have to make them look effortless.

How tiring is skating without the tricks?

I don't feel the burn of stroking around the rink, but I always realize how hard it is when my friends try. A lot more adults are doing it for exercise, which make sense, because for me, the best way to stay in shape is to diversify.

What other sports do you do to mix up your workouts?

I like to play golf, but that's not a



Looking this good on the ice takes long hours on the rink and at the gym.

very good workout. I love to run, bike and hike. I like to swim, but the water in L.A. is too cold. I love to do power yoga, because it builds and elongates muscles. We need to stay trim for those outfits.

How much do you have to think about your diet?

I used to have a nutritionist and I forced myself to eat what I thought was right. But now, I eat what my body tells me I need. If I want meat, I'll eat meat. If I crave iron, I'll have spinach. I enjoy healthy foods. And I take Juice Plus, which has 10 servings of fruits and vegetables.

Any miracle foods you eat before you compete?

I always try to have protein because the energy lasts longer. From the warm-up until I'm done skating might be two hours, so I need it. Hopefully, I can find steak wherever I am in the world. I got that advice from Michael Jordan's book.

VICKY HALLETT (EXPRESS)

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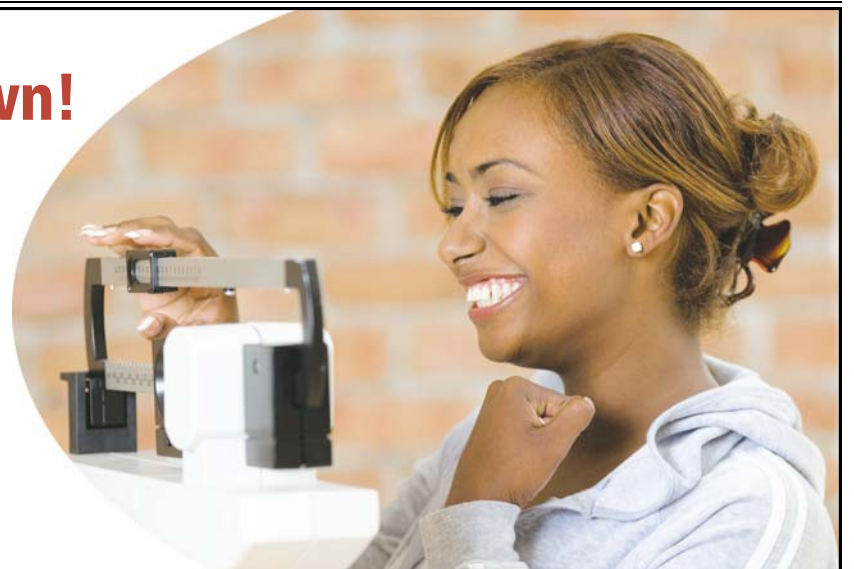
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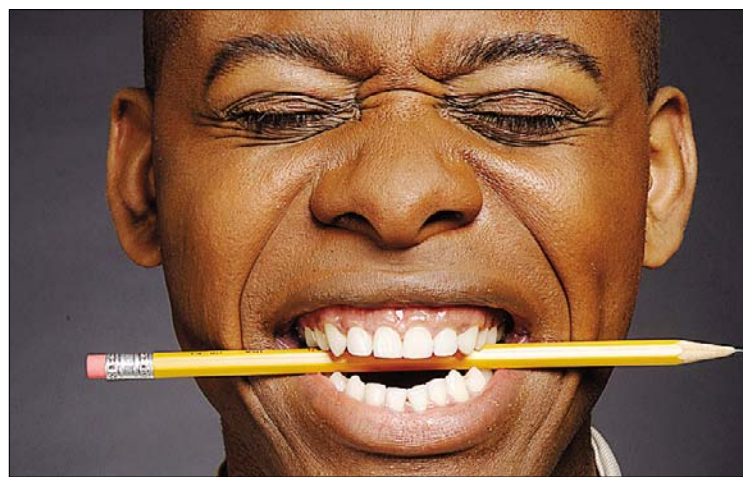


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GETTY IMAGES

Stressing the Smallest Stuff

Figure out what exactly is driving you so bonkers

You know your taxes are stressful, but not all anxieties are so obvious. Here are five situations that might be silently sending your blood pressure soaring.

Using Your Computer

When you press the power button, "your breathing rate goes up 30 percent, your blinking rate goes way down, and you tend to tighten your arms and shoulders without knowing it," says Erik Peper, director of the Institute for Holistic Healing at San Francisco State University.

→ **SLASH THE STRESS:** Change your body position every half hour or so. Visit cheqsoft.com for free software that will tell you to also take micro-breaks — quick pauses to close your eyes and flex your wrists.

Surviving a Layoff

The ax fell and missed you. Good news, right? Maybe not. A Finnish study found that those who remain employed after a corporate downsizing are twice as likely to die of heart disease triggered by job stress.

→ **SLASH THE STRESS:** If you weren't told why the layoff happened, ask. "Information is a great calming force," says Harry Dahlstrom, author of "Surviving a Layoff or Downsizing."

Your Wife Is Pregnant

She's glowing — but you're sweat-

ing. A study in Australia found that the first months of a pregnancy are the most stressful for first-time fathers, many of whom don't feel prepared.

→ **SLASH THE STRESS:** Develop a financial strategy — draw up a new will, start a college account get your insurance in order.

Trying to Relax

Forget those bills you have to pay. Forget the six projects waiting on your desk. Just breathe deeply. Feel better? Maybe in the short term, but even the most effective relaxation technique is no substitute for getting to the root cause of your stress.

→ **SLASH THE STRESS:** Use some of your downtime to address what's worrying you. Make a list with two columns — stressors you can eliminate and those out of your control — and then start working on the first item in the first column.

Behind the Wheel

Even after the engine cools down, you haven't. Scientists in Canada found that men who reported the most irritation while commuting were most likely to act stressed and hostile throughout the day.

→ **SLASH THE STRESS:** If your daily commute ties you up in traffic that's more stop than go, accept that you may need to wake up a half hour earlier. You can also explain your situation to your supervisor and try to adjust your morning schedule (that is, unless you just survived a layoff). (REPRINTED WITH PERMISSION OF MEN'S HEALTH MAGAZINE © RODALE INC.)

STUDIES

Stethoscope

The Parent Trap

■ Bad parenting screws up a lot of kids, but it turns out some manage to emerge from childhood unscathed. Their saving grace? They probably don't have the genetic tendency toward delinquency. According to a study in the Archives of General Psychiatry, children with a family history of antisocial behavior have a higher risk of developing such traits when faced with "cold or harsh" parents. But, if you're worried about your children becoming bad seeds, you're probably not one of the parents the study is warning about.



'Granny! Idol Is On!'

■ A poll of 100 people over age 99 by Evercare has revealed the secrets to long life: spirituality, no cigarettes and keeping up with pop culture. Now you have no excuse to skip that "America's Next Top Model" marathon. "Sure," you can tell yourself, "I should be training for the Boston marathon, but if I don't watch this, I might not live to 100!" Thirty percent of the seniors noted that they watch reality television. So, you may live a long life, but it'll be filled with crap.

Don't Work and Drive

■ The number of people being murdered at work has fallen by 55 percent in the last 15 years. Are Americans nicer, smarter or less insane? No. Though work-related homicides are less common, traffic-related on-the-job deaths have increased. We suspect the maniacs of the world have just wised up: No need to kill the object of your rage at his place of business. Just convince him to get in the car.

Spa Buffs Spill Secrets

The tricks you need to have the most fabulous spa vacation ever

If you've never been on a spa holiday, you might think you don't need to plan a thing. After all, how much scheduling is required for lying on your back and letting people rub good smelling substances all over you? But the experience will be a lot more blissful if you come armed with these spa secrets of the pros.

1 BOOK FACIAL AND BODY TREATMENTS BEFORE YOU GO: Several weeks' notice is ideal, says Susan Keene, spa director of the Emerson Resort and Spa in Mount Tremper, New York. Newbies who think they can wait to book them once they arrive get stuck with 7 a.m. massages — or, worse, none at all.



2 SCHEDULE RELAXING TREATMENTS LIKE MESSAGES FOR YOUR FIRST DAY OR TWO: You'll get more out of them when you're

stressed from your routine. Also, book facials for early in your stay to give your skin time to calm down. And save moisturizing wraps till

the end for the dehydrating flight home, says Mary Blackmon, founder of Spa-Addicts.com.

3 SKIP THE HYDROTHERAPY TREATMENTS: They're pricey considering all you get is relaxation in a glorified bathtub, says Karen Shawn, spa director of Miraval in Tucson. Use the hot tub or sauna instead.

4 THINK 3 — 3 P.M., THAT IS: That's the best time for a massage: after your morning workout and before the late-afternoon rush, says Roma Maxwell, director of public relations for Rancho La Puerta in Tecate, Mexico. MARIA RICAPITO (REPRINTED WITH PERMISSION OF WOMEN'S HEALTH MAGAZINE © RODALE INC.)



CUT-RATE RELAXATION

■ Maybe your tax refund won't fund a summer jaunt to Canyon Ranch — and even if it could, it might create even more stress to blow so much cash on relaxation. After all that W-2 worrying, what you need is a bargain beauty treatment. Just in time, Spa Week (spaweek.org) returns to D.C. April 16 through 22 with an ever-increasing list of spots to score \$50 massages, facials and pedicures (there are also waxings and such, but those don't really qualify as anxiety reducers). Call quickly to snag reservations, unless you're looking for extra headaches. And then feel free to brag to your accountant. VICKY HALLETT (EXPRESS)

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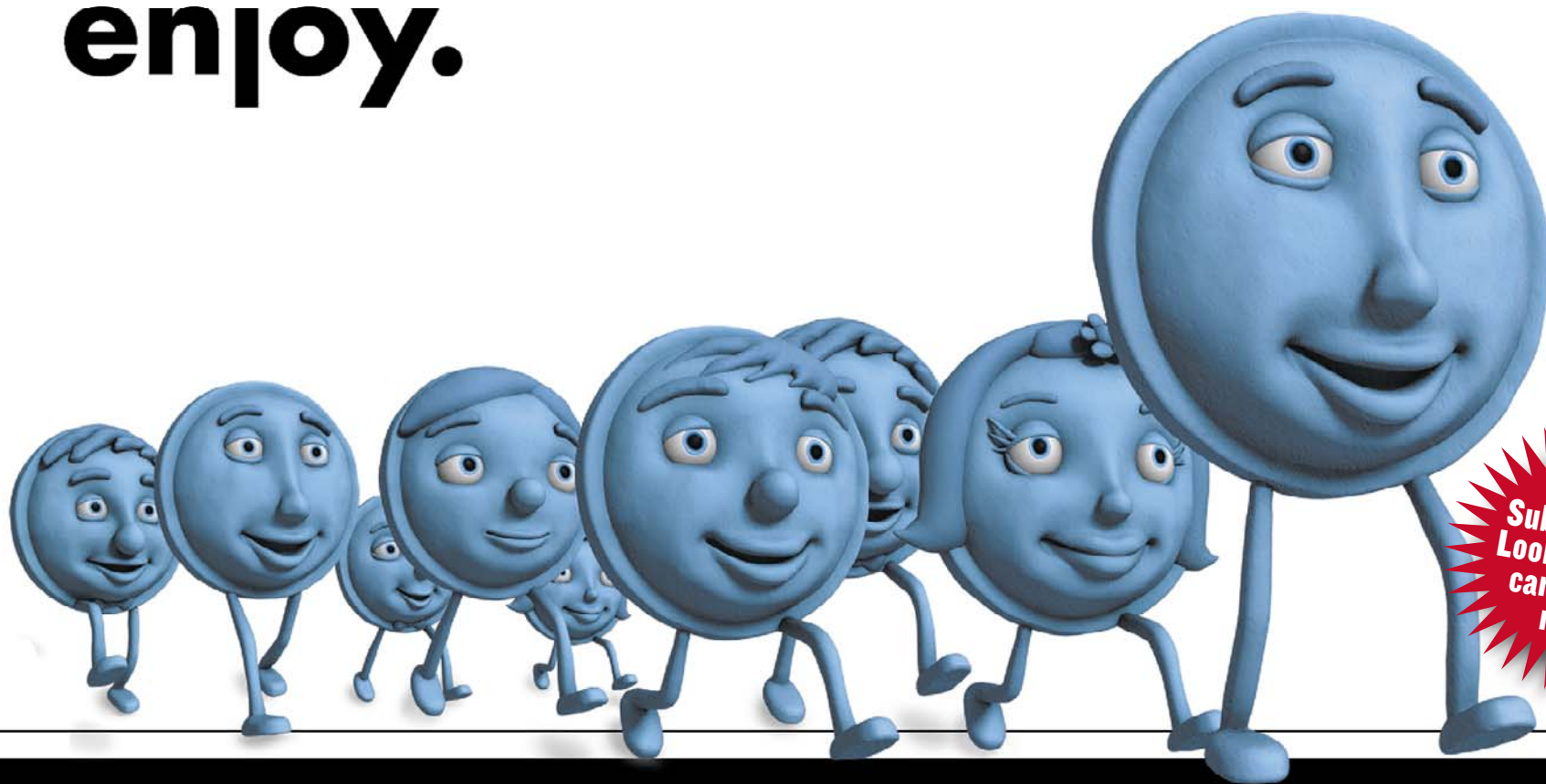
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